PRESS RESET 10 WAYS TO GET YOUR HEALTH BACK ON TRACK



LONG LIVE THE

LONG WEEKEND

181

SUMMER FOOD & STYLE IDEAS

WE HAD YOUR
ANTIQUES
APPRAISED!

D 70

CHERRY-BERRY BANNOCK SHORTCAKES maple toffee Canadiana cranks up the canadiana

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GREEN REGIME

HOW LITTLE THINGS WE DO EVERY DAY CAN HELP THE PLANET

















































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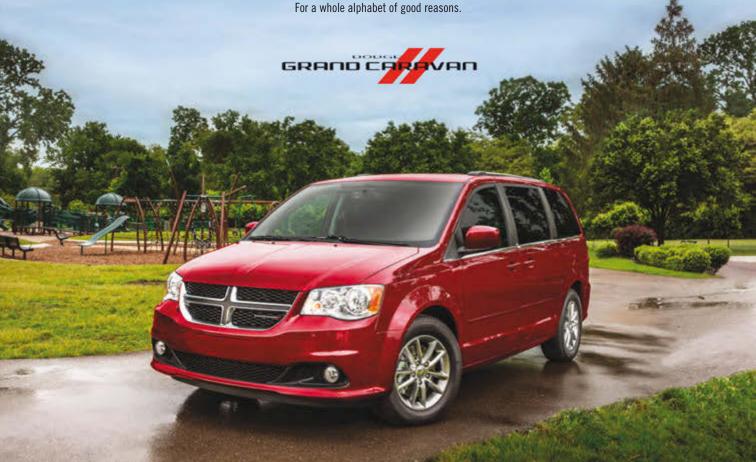




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Stay sharp

f you follow me on Twitter, you may have seen my occasional reports on how my 82-year-old mother is doing. It might be: "A good day! Mom chatted and squeezed my hand." Or: "Very tearful during our visit. Wish I could do more." Like nearly 750,000 Canadians, she suffers from a cognitive impairment. Within a handful of years, this lady, who raised four university graduates in a country she didn't meet until her mid-30s, whose commanding voice would strike fear into the hearts of neighbourhood bullies and who would single-handedly rearrange all of the living-room furniture while we were at school, became fearful. Her mobility, already reduced because of rheumatoid arthritis, quickly dwindled, leaving her unable to

Twitter has been a surprising source of support for me, putting me in contact with others who are in the same boat and happy to share their perspective or even a virtual hug. If you don't already know someone who's suffering from dementia, chances are you soon will. According to the Alzheimer Society, the number of Canadians with a cognitive impairment will soar to 1.4 million by 2031. What's more, women will account for nearly 70 percent of new Alzheimer's diagnoses and, in more general terms, are twice as likely as men to suffer from brainhealth issues. And, in most cases, a diagnosis is just the beginning of the bad news.

climb stairs and, soon after, unable to walk at all. She rarely

speaks. Her diagnosis? Dementia.

"By the time we see the 75- or 80-year-old in the office, it's too late," says Dr. Vivien Brown, a family health practitioner in Toronto who visited the *CL* offices this spring with the Women's Brain Health Initiative, a nonprofit organization focused on building awareness and funding research on how disease affects



the female brain. Dr. Brown's number one message: There's a lot you can do to prevent it, but you have to start in your 30s, before you have any symptoms.

More than half of the factors that determine brain health are things you can change: what you eat, whether you exercise, how much you drink, how you deal with stress and whether you spend time with friends. (The nonmodifiable factors are gender, age and family history—but, interestingly, doctors have seen people with high genetic risk factors not go on to develop a cognitive impairment, while those with little or no family history sometimes do.)

Watch canadianliving.com for more on this very important topic (we'll be covering it in the print magazine, too) and visit womensbrainhealth.org.



Sandra E. Martin, multiplatform editorial director



It's our way of announcing special stories, recipes and photos celebrating our 40th anniversary. You'll find it in the pages of the magazine and online at canadianliving.com/CL40.



BUCKET LIST?
Read the article starting on page 49, then join Canadian

YOUR TRAVEL

WHAT'S ON

join Canadian Living editors on Twitter on Tues., June 9 at noon. Tell us about the Canadian

destinations you'd most like to visit and why. (Yes, your hometown is a valid answer!)

BROWSE BOOKS ON OUR IPAD APP!

If you're intrigued by the summer reads that we've reviewed beginning on page 58, download our tablet edition through the App Store to read excerpts from each. I know which one is first on my list....



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PHOTOGRAPHY: MARLON HAZLEWOOD (CHAIR); JEFF COULSON (BURGER); CARLYLE ROUTH (WOMAN)

Canadian Living

THE MADE IN CANADA ISSUE

JULY 2015



Style

13 TRUE PATRIOT LOVE

Style picks from some of Canada's best brands

18 SIDE KICK

Hairstylist Mark Townsend's soft updo

20 FINDING HER PERFECT FIT

One woman's postweight loss makeover

23 THE FULL SPECTRUM

What's your sunprotection profile?

27 DIY (DYE IT YOURSELF)

Save money with our hair-colour how-tos

Health

33 NO SMALL CHANGE

How one mom shed pounds post-pregnancy

36 A MATTER OF FAT

The facts on dietary fats

38 POST-VACAY REBOUND

Reverse the effects of holiday hedonism

41 BEST FOOT FORWARD

Treat your feet during sandal season



Living

49 THE CANADIAN TRAVEL BUCKET LIST

Top travel destinations from coast to coast

56 IN THEIR ELEMENT

The FAB IV dive team's secrets to success

58 SUMMER ESCAPES

Six need-to-read books

60 IT RUNS IN THE FAMILY

Behind the scenes of a Canadian dairy farm

63 GREENING UP

How strong community bonds are good for the environment

Home

67 ENDLESS SUMMER

Bright and breezy beach-inspired decor

73 FOR WHAT IT'S WORTH...

Heirloom appraisals from antiques expert Judith Miller

78 EASY COME, EASY GROW

Low-maintenance houseplants-no green thumb necessary!

Food

81 THE ULTIMATE BURGER

Grilled-to-perfection patties made with two types of beef

85 BREAKFAST CLUB

Sandwiches for quick and easy breakfasts

91 SWEET, EH

Ice cream, pie and other warm-weather faveswith a Canadian twist!

101 TASTE OF SUMMER

Enjoy our long-weekend menu plan at the cottage or at home

110 FISH FOR **COMPLIMENTS**

A simple summer salmon recipe, plus tips for selecting sustainable seafood

114 THE SECRET'S IN **THE SAUCE**

This could be the only condiment you'll ever need



In Every Issue

- 3 CHECKING IN
- **6 LETTERS**
- **10 BEST ADVICE EVER!**
- 112 RECIPE INDEX

On the Cover



Photography, James Tse Food styling, Michael Elliott/ judyinc.com Prop styling, Jennifer Evans









RALPH LAUREN PAIN











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Here's What You Said...



OFF THE WALL

As a baby boomer now in the process of downsizing, I have been culling my collection of cookbooks and magazines that takes up 12 feet of shelving. My Canadian Living cook-

books and magazines occupy a good eight feet of that! As I turn through the pages, trying to edit some issues dating back to 1984, I realize what a huge part your wonderful chefs and gorgeous magazines have played in my life. I look at recipes and remember the many happy occasions attached to them. I have taken cooking classes with Bonnie Stern, and I followed Elizabeth Baird and Emily Richards to Christmas in November at Jasper Park

Lodge for 10 Novembers. I still have a newspaper clipping of a 1981 Elizabeth Baird Christmas tourtière recipe that has become a family tradition of ours on Christmas Eve, one that I now share with my grandchildren. Thank you to all for the effort that goes into the creation of these delicious recipes. Know that you have made many Canadian lives more enjoyable! — Bev Merrifield

EASY DOES IT

After enjoying so many recipes provided in your magazine, I thought it was remiss of me not to let you know. The recipes are always easy to prepare, and they're tasty as well. They provide much-appreciated variety to our meals. Thank you. — Lois Watson-Dwight

SWEET TWEETS

Intensely craving / The Best Chocolate Toffee Brownies via @canadianliving. — @missfish

Fantastic meeting you tonight @BrettJWalther. Thanks so much for the amazing floral arrangement Cheers! - @TashaTOeonophile

TALK TO US We want

to hear from you on Facebook, Twitter and our blogs. You can also email us at letters@canadianliving.com. (Be sure to include your contact info.) You could win a Canadian Living cookbook just for sharing. And we still love snail mail, so send your letters to 25 Sheppard Ave. W., Suite 100. Toronto, ON M2N 6S7.

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PHOTOGRAPHY, THINKSTOCK

CANADIAN LIVING COOKS WITH KRAFT

Your Bite, Your Way!

66 These are a must-have when celebrating special occasions with my friends. The combination of crunchy peanut butter and sweet toffee bits makes for a delicious surprise in every bite! 99 - SIMONE CASTELLO, Web Editor, Life & Relationships

CHOCOLATE TOFFEE PEANUT BUTTER SNACK BITES

HANDS-ON TIME: 20 minutes TOTAL TIME: 1 hour MAKES: about 14 bites

large-flake rolled oats Kraft Crunchy Peanut ½ cup

Butter

each toffee bits and ⅓ cup white chocolate chips

¼ cup liquid honey

chopped milk chocolate 1/3 cup (about 50 g), melted

MIX together oats, peanut butter, toffee bits, chocolate chips and honey in large bowl.

CHILL until firm, about 30 minutes.

ROLL by 2 tbsp into balls. Drizzle with milk chocolate; refrigerate until set, about 15 minutes.

PER BITE: about 157 cal, 3 g pro, 9 g total fat (3 g sat. fat), 18 g carb (1 g dietary fibre, 12 g sugar), 4 mg chol, 59 mg sodium, 51 mg potassium. % RDI: 2% calcium, 4% iron, 1% vit A, 6% folate.

Get more recipes at sticktogether.ca





Stick together.







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"The acre where I have a trailer that's run by solar power."

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"My parents' cottage in the

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"My in-laws have a beautiful big piece of property in Kimberley, B.C. It backs onto a forest with stunning mountain views!"

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"I'm not sure there's a place on Earth more beautiful than Jasper National Park."

THE TEST KITCHEN

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"Gros Morne National Park in Newfoundland. It's a must-see!"

"The Trans Canada Trail in

Caledon, Ont. I can go for

a walk or a ride and pass

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"Rattlesnake Point in Milton, Ont. It's right behind my house, and we walk our dog, Oliver, there."

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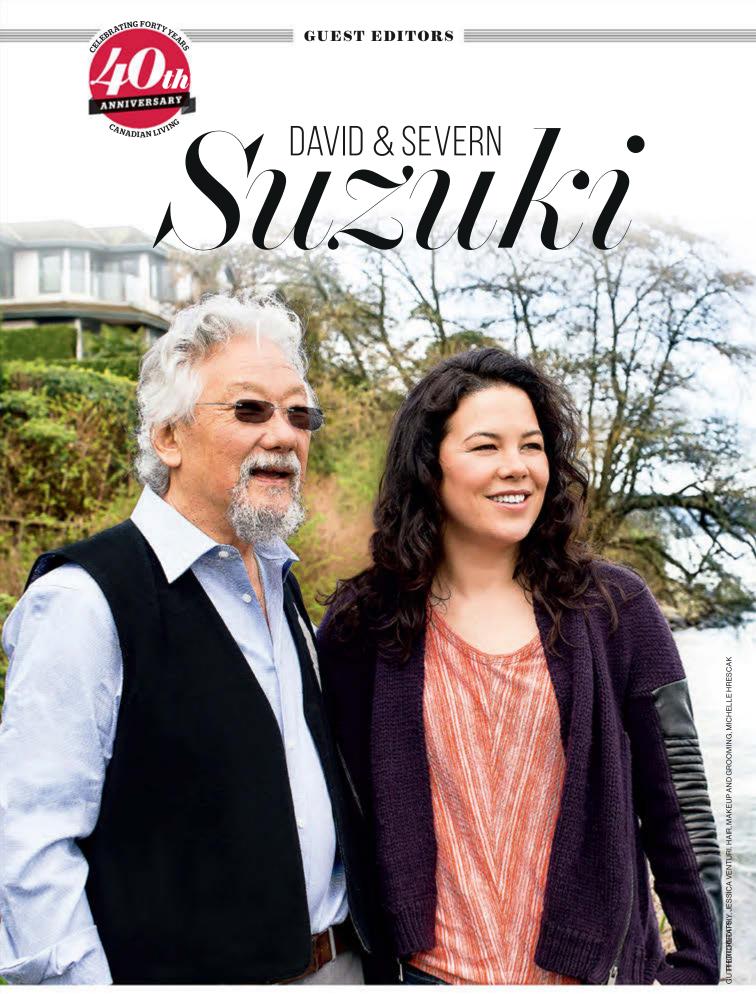












8

hen David Suzuki was growing up in the suburbs of Vancouver, he would go camping with his father and sleep among the trees, or go fishing for sturgeon at the mouth of the Fraser River. These early experiences ingrained in him a love for the natural world. "Being outside is a critical part of who I am," says David, now 79. He went on to study biology, and he became a geneticist as well as the face of environmentalism throughout Canada and beyond.

When he became a father, David took his own kids camping and fishing. By then, they lived in Toronto, and his daughter Severn Cullis-Suzuki, now 35, recalls looking for fossils near the city, turning over concrete blocks to unearth sow bugs near their house and seeking out snails and centipedes in the yard. "My parents encouraged that fascination," says Severn.

It became a passion that grew with her: The first time David saw his daughter out with a bunch of kids, they were pulling a wagon through the neighbourhood with a sign that read, "Save the animals." Later, when Severn was just 11, she asked her dad about going to the 1992 Earth Summit in Rio de Janeiro. "I had no intention of going," recalls David. "I'm not a big fan of these giant international meetings; a lot of talk goes on, but not a lot comes out of it. So I said, 'Look, it's going to be polluted, it's going to be crowded. Who's going to listen to kids?'" But with her own passion for the environment already sparked, Severn went to Rio and astounded world leaders at the United Nations conference when she proclaimed, "I am fighting for my future," in a speech that has since gone viral on YouTube.

Both David and Severn attribute her enthusiasm for the environment to early role models. In addition to David, there was her maternal grandfather, who started the Point Grey Natural Foreshore and Waterfowl Sanctuary Protective Society in Vancouver; her paternal grandparents, who survived internment during the Second World War and raised David with a strong sense of civic responsibility; and, perhaps most importantly, her mother, Tara Cullis, who started a greening committee at Severn's school and encouraged her daughter to put her passion into action by starting an environmental club.

Today, carrying on the family tradition, Severn is a role model to her own kids, Ganhlaans, 6, and Tiisan, 3, and helps them experience nature the way she did where they live in Haida Gwaii, B.C. "I can see the discovery, the wonder, the compassion they're developing by digging for worms and looking at slugs," she says, explaining that exploring nature and running around outdoors seem to make them happier, calmer and healthier.



"Children model themselves after their parents.
What they see their parents doing and saying is how they acquire their values and outlooks."

- DAVID SUZUKI

Her children go fishing and admire the beauty of the animals, but they're also beginning to see the destruction around them. "There was a news report of a steelhead trout that was found with all this plastic in his belly," says Severn, noting that these are the discussions she dreads the most with her boys. "The real birds-and-the-bees conversation is about why they're disappearing. I'm preparing for that; I'm trying to figure out how I can empower them. I'm not going to tell them everything's going to be OK, but I'm going to tell them that's why we pick up a bit of plastic every time we go to the beach: so we can do our part."

When Severn speaks, she has that same conviction and sense of urgency she had in Rio all those years ago, but it's her children's future she's fighting for, not her own. It's not hard to pass on a love for the environment; yet, when faced with a staggering amount of bad news about dying species and melting Arctic ice, it can be challenging to show children how they can help.

David famously said, "Environmentalism has failed." He explains: "It has failed to shift the perspective, so we're battling many of the same fights over and over again. But the

9

alternative is not to give up. I have grandchildren who are going to inherit whatever we leave for them."

Perhaps what has failed about environmentalism, suggests Severn, is the belief that we're protecting something external to us when, in fact, it's ourselves we're saving. "There isn't a line that you can draw between the air and your body," she says. "We are the environment."

That understanding, she contends, is key to getting the next generation on board. "That relationship with the world is absolutely essential to our understanding of who we are as human beings," says Severn. "Let them fall in love with nature. That passion is very powerful if it gets translated into action. And if children feel they can do something, the sky's the limit." — *Jill Buchner*

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Attract butterflies. (See tip #37.

Best advice ever!

40 timeless tips from the archives of Canadian Living

Throughout our anniversary year, we'll be dipping into past issues to share inspired ideas that are as fresh today as when they first hit the page. Here are four decades' worth of wisdom from the July issues of Canadian Living.

to the left and the stem to the right, as people in front of it would see it. — 1985

- **9** Exercising in water offers resistance training the same way using weights does. Spend time walking in the lake or doing pushups against the pool wall for a refreshing workout. **1987**
- 10 Vary the beans in a mixed-bean salad for a different flavour every time. 1987
- II When making homemade jam or jelly, resist the temptation to reduce the amount of sugar in the recipe. You'll save calories but run the risk of making a preserve that won't set. 1988



CHECK OUT OUR STEP-BY-STEP GUIDE TO PERFECT SUMMER PRESERVES AT canadianliving.com/ summerpreserves.

- 12 If you're acne-prone, avoid oil-based sunscreen. If you have sensitive skin, choose a hypoallergenic formula. 1989
- 13 Don't leave your glasses on the dashboard of your car. The heat can warp plastic frames. — 1989
- 14 Keep your refrigerator cooling properly by clearing everything off the top. Anything that restricts airflow around the fridge, including boxes and stacks of dishes, can reduce its efficiency. 1990

Scoop sorbet without breaking a sweat. (See tip #20.)

- I To help salad greens retain their freshness, wash them as soon as you get home. Dry lightly with paper towel and store in plastic bags in the refrigerator. When you're ready to use them, break or tear (don't cut) into bite-size pieces. 1977
- 2 If you want to take up jogging, start with a time goal instead of a distance goal. At first, alternate between walking and jogging for the allotted

time, then gradually work your way up to jogging for the duration. — 1977

- 3 Certain herbs can serve as natural insecticides in your vegetable garden. Sage repels the carrot fly, spearmint deters aphids from lettuce and peas, and thyme defends against cabbage worm. 1977
- 4 Ensure that your cottage doors and windows have locks or pins to secure them while you're away. If you see a broken window or a forced door, don't go in. Notify the police and wait for them outside. 1982
- **5** Kids are less likely to have a cycling accident if they're riding a bike that's the right

size for them. When straddling the bike, they should be able to touch the ground with the balls of their feet. — 1982

- 6 Got aching feet? Wiggle your toes, rotate your ankles and relax your calves by pointing and flexing your toes several times. The calves are often the source when you have pain in the arches of your feet. 1984
- **7** Owning a dog can boost your physical fitness. Depending on the activity level of your pooch, daily walks can burn about 700 calories a week. **1985**
- **8** When hanging the National Flag of Canada vertically from a wall or balcony, the top of the maple leaf should point

10

IS THERE A PARTICULAR TIP FROM A PAST ISSUE OF CANADIAN LIVING THAT YOU'VE NEVER FORGOTTEN? WE'D LOVE TO HEAR FROM YOU AT CLAOth@canadianliving.com.

- 15 Soak wooden skewers in water for 30 minutes to prevent burning on the grill. Or use flat-bladed stainless-steel skewers to facilitate turning large kabobs partway through cooking. 1991
- 16 Brush on marinades that contain tomatoes or that are sugar-based during the last few minutes of grilling to prevent charring. 1991
- 17 Ice cream can add a lot of calories on top of summer berries. Yogurt is a healthier alternative. 1992
- 18 When making potato salad, buy potatoes of the same size to ensure that they'll cook evenly. Boiling potatoes with skins on helps keep them intact while cooking. 1993
- 19 Exfoliate your skin before using self-tanners and bronzers to reduce the risk of blotches. 1994
- **20** Allow sorbet to stand at room temperature for 15 minutes before serving so it's easier to scoop. **1998**
- **21** Keep cats out of your garden by setting largish stones a few centimetres apart so they can't find a comfortable spot to do their business. **1998**

- **22** Can't find your lipstick? Petroleum jelly over lip pencil is the next best thing. **1999**
- **23** When choosing upholstered furniture for the cottage, keep in mind that light-coloured fabrics make sun-fading less noticeable. **1999**
- **24** Test bronzer in natural light before buying. If it looks orange or muddy, it's the wrong colour for you. **2003**
- 25 After you purchase a new plant, punch a hole in the plant tag and slip it onto a metal key ring in alphabetical order. It's a handy resource for identifying plants and checking their growth requirements. 2004
- 26 Many backyard plants are toxic enough to cause mild stomach upset—or worse—if ingested. All parts of azalea, angel's trumpet, bittersweet vine, autumn crocus, bleeding heart, daffodil, English ivy, hydrangea, mountain laurel, rhododendron and nicotiana are toxic. 2004
- **27** When loading the car for a road trip, pack large, heavy items such as suitcases first. Use soft-sided luggage or duffel bags, as they can morph to accommodate other items. **2005**

28 When it's hot and humid outside, use a light hand with hairstyling products. Too much will weigh strands down and make them stick to your neck and forehead. — 2005

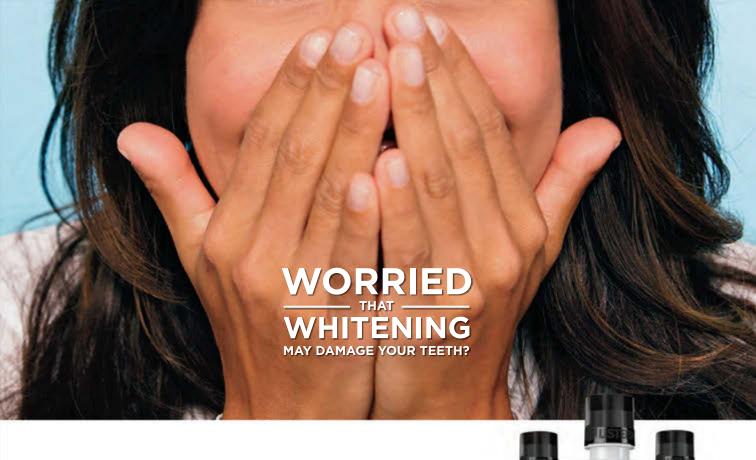
Go into the light. (See

- 29 Strengthen weak fingernails by increasing your protein intake. Good sources of protein include chicken breast, tofu and egg whites. 2005
- 30 The secret to perfectly barbecued chicken is grilling the pieces over indirect medium heat until juices run clear, then moving them over direct heat to crisp and colour. 2006
- **31** Balance a low neckline with a pair of statement earrings. **2006**
- 32 To chill a bottle of wine outdoors, fill a bucket about two-thirds full with equal parts cold water and ice. Submerge the bottle up to its neck and let stand for 20 minutes. Speed things up even more by adding a handful of rock salt. 2006
- **33** Place an empty bucket under a window-mounted air conditioner to catch the water that drips out, which you can then use to water your flowers. **2006**
- **34** Glass is no barrier to UVA rays. Throw on a long-sleeved white top when you know you'll be in the car for a long drive. **2007**

- 35 Next time it rains, watch how water flows in your yard. Place the thirstiest plants where they'll get natural run-off from slopes and downspouts. 2008
- **36** Adding compost doesn't just supply nutrients to your garden. It can also improve the absorption and water retention of sandy soil, and it improves drainage in clay. **2008**
- **37** Nothing attracts butterflies to your garden like black-eyed Susan, New England aster, boneset, Canada goldenrod and yarrow. **2008**
- **38** Tuesdays and Wednesdays are often the best days to find a deal on a flight and also the most affordable days to fly. **2012**
- **39** When installing patio paving slabs as a garden path, sink them flush with ground level. That way, the lawn mower can run over them without catching. **2013**
- **40** Planting flowerbeds can be a liability when it comes to a home's resale value. As soon as prospective buyers step into the yard, all they can see is a lot of hard work and maintenance. **2014**



Pale-coloured fabrics are perfect for a sun-filled space. (See tip #23.)



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HAIR HOW-TO

MAKEOVER

SUNSCREEN GUIDE

DIY HAIR COLOUR



PHOTOGRAPHY, KEVIN WONG. STYLING, JAY BARNETT/PLUTINO GROUP



UNDER THE SEA

Montreal-based twins Dexter and Byron Peart of Want Les Essentiels de la Vie are known for their simple yet luxe design esthetic. Their latest collection, A Life Aquatic, features a colour palette inspired by the ocean and its creatures.



Shoulder bag, \$650, wantessentiels.com.

PAINTED LADIES

Jolie handbag designer lvy Chen first met illustrator Jocelyn Teng when Teng drew her portrait at a fundraiser. "I still have it framed in my house," says Chen, who approached Teng to collaborate on her Le Sac collection for spring 2015. "Illustration has always been my strong suit," says Teng. "My style is abstract and dramatic."

While there are multiple designs, we favour the two-way reversible (totes that are decorated with painted faces and contain a separate (but matching!) cross-body bag with removable strap.



Tote, \$295, and illustration, \$60, worldofjolie.com.

OFFICE SPACE

Inspired by the shape of manila envelopes, these red vegan-leather handbags from Nella Bella by Tarek's Nu Essex collection are perfect for a working lunch or a boardroom presentation.





CANADIAN Maple

Beloved Toronto lippy brand Bite **Beauty has finally** launched a collection that's exclusive to its Canadian customers. The new limitededition lipsticks, from bright orange to lush berry, are maplescented and come in five shades inspired by the changing colours of maple leaves. Or try the Agave Lip Mask in Maple, which smells (and tastes) sweet and is perfect for rough, dry lips. Bite Beauty Matte Crème Lipsticks, \$28 each, sephora.ca.

MARRIAGE MATERIAL

Whether you're planning your big day, leading the way down the aisle as a bridesmaid or simply attending as a guest, Canadian retailer Le Château now offers all the goods to get you dressed for a wedding from head to toe. The Wedding Boutique collection includes wedding gowns, flirty bridesmaid and guest dresses, jewellery, headpieces, clutches and shoes—all to make that special day easy and affordable (pieces run from \$10 to \$395). The online shop also features info on the latest in bridal hair, makeup, colour and decor trends from experts in the biz.



FACE TIME

Beards are having a moment, and contrary to popular belief, they require a healthy dose of care (tell your man!). A high-quality beard oil can work wonders, balancing oily and irritated skin and softening tough bristles. This oil from New Brunswick's Anointment Natural Skin Care features certified-organic sunflower and jojoba oils to moisturize, plus sage, cedar and lavender essential oils to calm irritated skin. The plaid packaging bursts with Canadian cool.

"I drew inspiration from the men in my life," says founder April MacKinnon. "Almost every Saturday, my father and brother can be found cutting trees for firewood or planting to replenish the forest. My childhood memories of my father largely include him wearing a black-andred plaid work jacket."



Anointment Natural Skin Care Beard Oil, \$16.50, anointment.ca.

JULY 2015 | CANADIANLIVING.COM



A graduate of George Brown College's jewellery-arts program, Sarah Dobranowski of SarahAnaDesigns makes beautiful baubles cast from moulds of intricate pieces of lace. Indulge your feminine side with a sterling-silver bracelet or embellish your wedding attire with a sweet pair of earrings.

> Necklace, \$125, etsy.com/ shop/sarahanadesigns



TINY TREASURES

Vancouver-based Katherine Huie of Foe and Dear has always loved jewellery making but was especially motivated by a summer in Brooklyn, N.Y. When she returned to the West Coast, she took some classes and began designing refined minimal pieces in her Gastown studio.

All foeanddear.com.

FOR MORE UNIQUE CANADIAN JEWELLERY DESIGNERS, VISIT canadianliving.com/jewelbox.



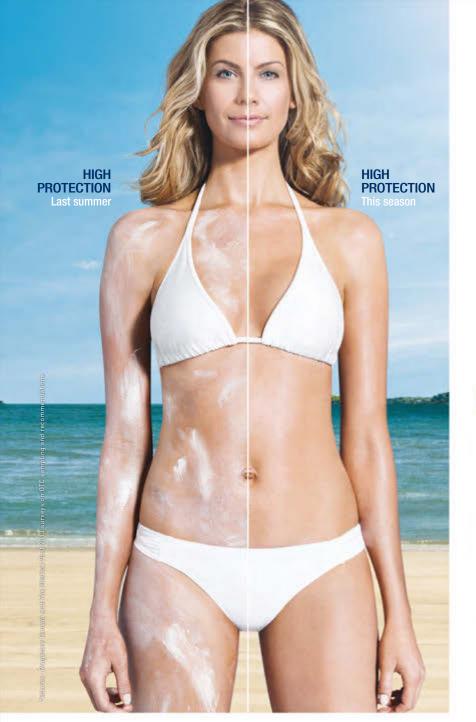


TRESSED TO IMPRESS

When Toronto-born hairstylist Marc Anthony first launched his hair-care range, there were six products sold at just one Shoppers Drug Mart in Canada. Now, in the line's 20th anniversary year, the wildly successful brand's more than 60 SKUs are available in 45,000 stores across 20 countries. One of Marc Anthony's oldest and most popular lines is Strictly Curls, including the iconic Curl Envy Perfect Curl Cream, which is great for waves and soft curls. For women with tight, coarse spirals, the brand-new Kinky Girls With Wild Curls line features coconut, avocado and argan oils to nourish and hydrate while eliminating frizz.

Marc Anthony Strictly Curls Curl Envy Perfect Curl Cream and Marc Anthony Kinky Girls With Wild Curls Exotic Oil Treatment, \$11 each, marcanthony.com.

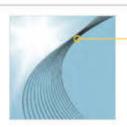




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Side Kick

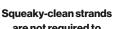
Give yourself an expert updo, no appointment needed. In just four simple steps, celebrity hairstylist Mark Townsend shows you how easy it is to re-create Cate Blanchett's posh side bun.

BY JULIA MCEWEN



TOOL KIT

Clockwise from top left: Moroccanoil Boar Bristle Teasing Brush, \$40, moroccanoil.com. Aveda Air Control Hair Spray, \$35, aveda.ca/locator. Batiste Original Dry Shampoo, \$9, shoppersdrugmart.ca. Dove Pure Care Dry Oil, \$13. dove.ca.



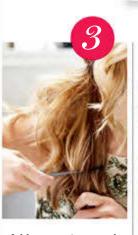
achieve this style: This 'do works best on hair that hasn't been shampooed for a day or two. Just washed and gotta have the look now? "Get instant texture with dry shampoo. I'm a big believer in the stuff," says Townsend. Flip your head upside down and concentrate the dry shampoo at your roots, then continue to spray all over to add texture. Using the tail of a comb (or pencil), create a deep side part, pulling the section to where the head starts to round.



On the opposite side as

the part, section your front strands and pull the rest of your hair into a side ponytail. Secure using an elastic just below your ear. To give the ponytail some softness, Townsend recommends rubbing your fingers together around the elastic, which will loosen its hold and create a tousled effect.





Add some extra oomph by back-combing the ponytail using a plastic

comb or a boar-bristle teasing brush. Five or six passes, from the ends to the top of the ponytail, should give strands the right amount of texture and volume. Set hair with a light-hold hairspray.



Looking in the mirror, scrunch the dishevelled ponytail up tight:

wherever your fingers are, replace them with bobby pins-eight to 12 should do it. The goal is to keep the look loose. "I love updos that look like they could fall out at any minute," says Townsend.

CANADIANLIVING.COM | JULY 2015

Scar and stretch mark product most recommended by doctors.*



"I picked up Bio-Oil on a whim while walking through the pharmacy. The product works. I am 47 years old and I have a few stretch marks, a couple of old faded scars, and dark bags under my eyes. After using Bio-Oil the appearance of the stretch marks is better, the bags are less noticeable (I get compliments all the time now on how young my face looks) and the scars also look way better. I will continue to buy Bio-Oil. It works." Phenix Hall

Bio-Oil® is a specialist skincare product formulated to help improve the appearance of scars, stretch marks and uneven skin tone. Its unique formulation, which contains the breakthrough ingredient PurCellin Oil™, is also highly effective for aging and dehydrated skin. For comprehensive product information and results of clinical trials, please visit bio-oil.com. Bio-Oil is available at drugstores and selected retailers. Individual results will vary.





On the way home after the photo shoot, some guy tried to pick me up!

Kerry Sutherland Age: 36 Sales manager

Finding Her Perfect Rit

After reaching her goal weight, Kerry Sutherland was ready to invest in a new look.

BY JULIA MCEWEN & ANDREA KARR PHOTOGRAPHY BY CARLYLE ROUTH



Backstory While pregnant with her son, Kerry was shocked to discover she had gestational diabetes—and was considered obese. She immediately overhauled her diet and began exercising. Two years later, she's reached her goal weight. "I'm a size 4 now, but I still wear my size 14 clothes on the odd (OK, admittedly, not so odd) occasion," says Kerry. It was time for a brand-new look.

Makeup "I wake up, bike into work and sometimes remember to do my makeup," says Kerry of her less-is-more approach, which consists of a touch of foundation, a hint of blush and the occasional swipe of mascara. Plutino Group makeup artist Jodi Urichuk gave the busy mom a pretty, polished new look that also respected her innate practicality. The result: light-coverage foundation with soft contouring and a sheer wash of berry lipstick. The main focus, however, was her eves. "Kerry has hooded eves, so defining them is essential to making them look larger," says Urichuk. Using a golden eveshadow, Urichuk intensified the outer corners, flicking the shadow out and up at the sides.

Hair Kerry walked into the salon with gorgeous fiery-red curls-and a hairstyle that had been growing out for several years. The ends were dry, scraggly and in need of a trim, so Marilisa Sears, artistic director for Marc Anthony Hair Care, snipped off the damaged sections, added a few long layers for shape and thinned out the rest to add body. For added sizzle, Julie Coupland, senior master stylist for Marc Anthony Salons, brightened Kerry's natural hue from roots to ends. To style the new 'do, Sears scrunched some Marc Anthony Strictly Curls Curl Enhancing Styling Foam throughout and allowed the curls to air-dry. She touched up the natural ringlets with a curling iron, then pulled a treatment oil from midshafts to the ends to enhance shine.

"The less you do to curls, the better the formation. Put product in, scrunch and let air-dry."

EXPERT PANEL



Amanda Lindsay SKIN THERAPIST, DERMALOGICA'S INTERNATIONAL DERMAL INSTITUTE



Jodi Urichuk

MAKEUP ARTIST FOF
PLUTINO GROUP



Melissa Evans-Lee BAYVIEW VILLAGE MARKETING DIRECTOR



Marilisa Sears MARC ANTHONY HAIR CARE ARTISTIC DIRECTOR

"Think of your skin as three-ply tissue and your eye area as one-ply. A regular moisturizer can suffocate the area."

- AMANDA LINDSAY

Skin Kerry's alabaster skin was dry and tight-symptoms that Amanda Lindsay, skin therapist at Dermalogica's International Dermal Institute, attributes to Kerry's habit of washing with regular soap. "She has so much redness and dehydration; she should be using a creamy cleanser with calming benefits," says Lindsay. "Her skin shouldn't feel tight or uncomfortable after cleansing, nor should it look irritated." Undereye bags and puffiness were another trouble spot for Kerry, who was guilty of committing a skin-care no-no: using daily moisturizer around her eye area. "The skin around the eves is a lot thinner than the rest of the face," says Lindsay. An eye cream is formulated differently; its molecular structure is more refined, active and safe for that area.



TOOLBOX

 Clinique All About Shadow Duo in Sand Dunes, \$25, clinique.ca.
 Dermalogica Total Eye Care SPF15, \$60, dermalogica.ca.
 Marc Anthony Strictly Curls Curl Enhancing Styling Foam, \$11, shoppersdrugmart.ca.

Wardrobe "My personal style is easy," says Kerry. What with being the mother of an active toddler, training for a triathlon and travelling for work, she hasn't had time to break out of her comfort zone and discover a fresh style. Melissa Evans-Lee, marketing director of Bayview Village shopping centre in Toronto, set out to find an outfit that would complement Kerry's colouring and fit her perfectly. "I dressed Kerry in something that was flirty and body-conscious," says Evans-Lee, "because I know that, since her weight loss, most of her clothing fits baggy." The structured fitand-flare dress that she chose accentuates Kerry's tiny waist, while the distinctive bluish-toned print adds a unique element to the outfit. "This dress is a statement on its own, and it doesn't really need a ton of accessories," says Evans-Lee.



VERDICT "On my way home after the photo shoot, some guy tried to pick me up at the subway station. Then, I decided to grab a glass of wine at the airport before a flight and I got carded!" says Kerry in a followup email. "Melissa showed me how to dress for my figure, and Jodi taught me to highlight my features rather than cover up my flaws."





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JULY 2015 | CANADIANLIVING.COM



Reduce your UV exposure by planning your outdoor activities for first thing in the morning or late in the afternoon. If you have to be outside when the sun's rays are at their peak (from 10 a.m. to 4 p.m.), Toronto dermatologist Dr. Sonya Cook suggests wearing a hat with a two-inch brim to protect your nose, ears and scalp. During physical activity in the sun, it's important to choose the right sunscreen. Water and sweat, usually the mortal enemies, have finally met their match: Some of today's water-resistant SPFs use a breathable adhesive film that sticks to skin, providing lasting coverage.



Shiseido WetForce Ultra Sun Protection Cream SPF 50, \$48, shiseido.ca. Neutrogena CoolDry Sport SPF 60, \$17, shoppersdrugmart.ca.



Check theweathernetwork.com/ forecasts/uv/list to find out how quickly you'll burn on any given day. If the UV Index is moderate to high, consider taking a rain check on your yard work. It's also important to apply the right amount of product. According to the Canadian Cancer Society, 40 percent of Canadians who apply sunscreen don't put enough on. "In the laboratory, SPF 15 will give you 93 percent protection against UVB," says Dr. Cook, "but in reality, people are only putting on a quarter to half as much as lab tests indicate to be adequate."



La Roche-Posay Anthelios XL SPF 60 Stick, \$21, laroche-posay.ca. Éminence Organic Skin Care Tropical Vanilla Body Sunscreen SPF 32, \$52, thefacialroom.ca.

MUST-HAVES: Commuting to Work



Think a quick commute to the office means you can skip sunscreen? Think again. Even tinted car windows can let in UVA rays. "UVB, or burning, rays are blocked by glass, but UVA, or aging, rays have a longer wavelength and can pass through," says Dr. Cook. "Because UVA rays travel farther, they have a bigger role in the development of melanoma, the deadliest form of skin cancer." Apply SPF 30 daily to your face, neck, chest and the backs of your hands. "You see the most sun damage in those areas because they get a lifetime of exposure."



Tarte Tarteguard 30 Sunscreen Lotion Broad Spectrum SPF 30, \$38, sephora.ca. Garnier Ombrelle Ultra Light Advanced SPF 50, \$20, garnier.ca. SkinCeuticals Physical Eye UV Defense SPF 50, \$37, skinceuticals.ca.

Last year, more than 75,000 Canadians were diagnosed with skin cancer.





[†]For best results, use as directed for 4 weeks. Simulated teeth whitening on model. Fights cavities. Colgate-Palmolive Canada Inc. *TM Reg'd/M.D.

(dye it yourself)

Save some cash and get killer colour in a snap with foolproof tips for dyeing your hair at home from celebrity colourist **Kari Hill.**

BY ANDREA KARR

WE LOVE VISITING the salon for a colour refresh and a blowout, but it's no secret that a couple of hours in that swivel chair can set your wallet back 100 bucks or more. If your bank account is feeling the strain, migrate to the hair-colour aisle at your nearest drugstore. We grilled Kari Hill, L'Oréal Paris expert and colourist to the stars (Charlize Theron, Zooey Deschanel and Taylor Schilling are among her clients), for tips to ensure your at-home colour application looks as great as your last salon job.

Once you've selected your hue and prepped your workstation (see page 28 for how to ace this part), rub petroleum jelly or lip balm along your hairline (front, sides and back) and on your ears to prevent staining. Apply colour at your hairline with the bottle nozzle or a tint brush, then smooth it along your part. Section your hair with a comb and continue to apply colour until all regrowth (or the first inch of hair, if you're starting from scratch) is concealed. Hill recommends following the manufacturer's guidelines for the first application. "If you don't reach the colour you want or you don't fully cover your grey hairs, leave it on for five more minutes the next time," she says. If you're going darker and not satisfied with the coverage, you can reapply colour the following day. If you're going lighter, give your hair a break by waiting at least a week before your next application since lifting colour is far more damaging. Continue to extend curing time in five-minute increments for each application until you reach your desired shade.

If you're colouring your hair for the first time or your ends look faded, pull the colour through from roots to ends for the last 10 to 15 minutes. Otherwise, use a widetooth comb to distribute the colour a little past your root demarcation line, allowing the colour at the roots to help seamlessly blend into the rest of your hair.



Kari Hill, L'Oréal Paris expert

Matchmaker, Matchmaker

A GUIDE TO THE BEST HUE FOR YOU



Sienna's natural swatch is medium brown (see her roots), not medium blond.

DISCOVER YOUR NATURAL SHADE. Find a mirror at the drugstore and put the box's "natural" swatch next to your roots. Once you've found your natural hue, you'll know what you can realistically expect from each dye. (PS Your natural colour is not the colour of your

current dye job.)



Deepening your shade from medium reddish-brown to a deep chocolate, à la Julia, is a realistic colour change. **2** START WITH REALISTIC EXPECTATIONS. In other words, don't expect to go from dark brown to platinum blond. Stay within **two shades** of your natural colour, whether you're going lighter or darker. For the most foolproof transformation no matter your natural hue, go darker, richer or redder.





Whether she's blond or brunette, Sofia chooses warm caramel tones to complement her golden complexion. CHOOSE A TONE. Most boxed hair dyes are categorized by tone: W or G for Warm or Gold; N for Neutral; and C or A for Cool or Ash. If you have warm golden skin, you'll need a warm hair colour. If you have a cool pinkish complexion, you'll need a cool colour. Look at the skin on your inner arm to decipher whether you have golden or pink undertones.

Cover Story QUICK TIPS FOR SEAMLESS GREY COVERAGE

- 1. Unlike blond, brown or red strands, wiry greys lack pigment. In order for grey hair to accept colour, your product of choice must open the follicle to insert the pigment, then close it up again. A dye that's specifically formulated for grey coverage is your best bet for 100 percent concealment.
- 2. If you're naturally a light or medium blond and your skin has started to lose tone as you age, prevent a washed-out appearance by choosing a dye that's one or two shades darker so there's definition between your skin and your hair.
- **3.** The hairline is the most difficult area to cover, so apply dye to that section first and let it sit there the longest. Avoid white patches at your temples or sideburns by using a tint brush to press the colour into your roots.



Divided into two components, this product with cream (for the roots) and serum (for the lengths) allows for balanced multitonal colour that looks good from crown to ends. Vidal Sassoon Salonist Permanent At-Home Colour, \$16, vidalsassoon.ca.

This iridescent grey coverage comes with a brush for a feathered application at the root, which allows for a softer regrowth. L'Oréal Paris Excellence Age Perfect Haircolour, \$12.50, lorealparis.ca.





Troubleshooting

- 1. If you find that your scalp is often irritated by hair dye, avoid shampooing and exercising the day of your application, as your natural oils will protect the skin. You could also try a semipermanent colour, which has a lower volume of peroxide than permanent hair dye.
- 2. If the dye stains your hands or hairline, rub a cotton ball soaked in eye-makeup remover over the affected areas.
- 3. If you find your hair fades in a week or two, reduce your shampoo schedule to every second or third day and skip clarifying or dandruff shampoos, which will strip the dye. Stick with hair-care and styling products formulated specifically for colour-treated hair.





counter. L'Oréal Paris expert Kari Hill

recommends including these supplies.

Sephora Collection

Hold It Together

Blow Dry Clips,

\$12, sephora.ca.

- Two boxes of hair dye
- Two towels (one for your neck and one for the counter)
- A clip (to hold the towel around your neck)
- Gloves
- Section clips

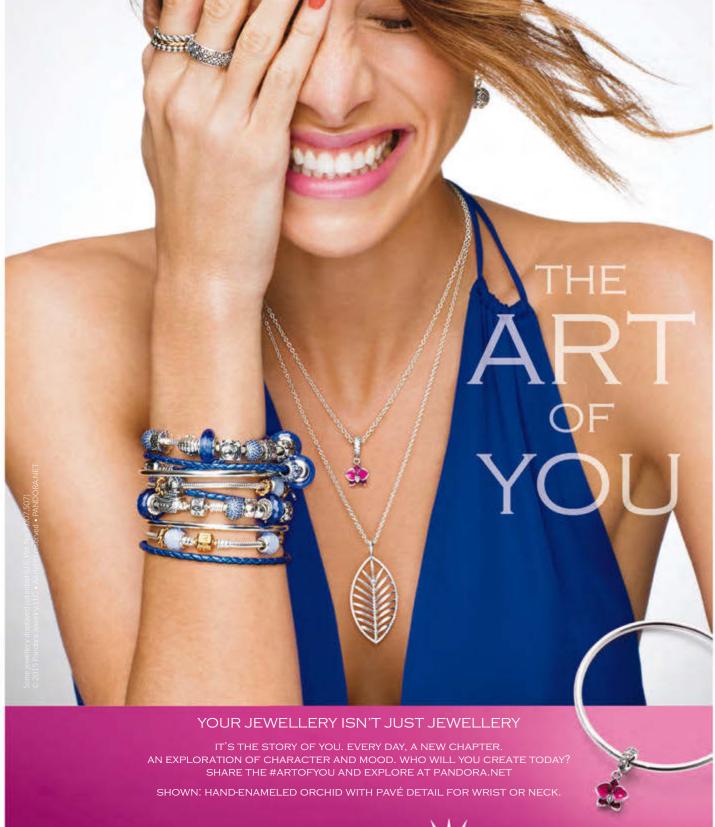
- A wide-tooth comb
- A bowl
- A tint brush
- Petroleum jelly or lip balm
- Cotton swabs (to clean up your hairline)
- A timer

For more accuracy, purchase the same kind of hair-colouring brush that pro colourists wield.

Profactor Professional Three Piece Streaking Kit, \$7.50, shoppersdrugmart.ca.

MASTER PASTEL HAIR-COLOUR APPLICATION WITH OUR EASY TIPS AT canadianliving.com/candycolour.

PHOTOGRAPHY, KEVIN WONG



PANDÖRA®

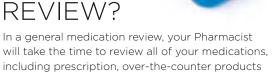
YOU ASK,

PHARMACISTS ANSWER

Have questions about your medications? Your Shoppers Drug Mart Pharmacist can help.

WHAT IS A MEDICATION REVIEW?

contributing to your health.





and herbal supplements, to help ensure they are



Understand the role each medication plays in managing your conditions. You'll leave with a list of all the medications you're taking.



Learn how to take medications in an optimal way.



Manage potential side effects and learn about potential interactions between medications.



Discover ways to improve your overall well-being.

DID YOU

You can also get tailored reviews like a diabetes medication review. In this type of review your Pharmacist will discuss how to use devices to monitor blood sugar and provide general education on diet and exercise.

TIP:

It's a good idea to have a medication review with your Pharmacist at least once a year. Consider follow-up reviews if your drug therapy regimen or disease state changes.



In a recent survey, Canadians asked questions about medication reviews. *Victor Wong*, a Shoppers Drug Mart Pharmacist in Scarborough, ON, has the answers.

When you try to explain a problematic side effect of a medication but you're told to take it anyway, what is the next step toward resolution?

-FNID

ANSWER: Problematic side effects can be discouraging. Ask your Pharmacist or Doctor about the benefits and risks of the medication. Sometimes a medication is necessary to preserve health, and the benefits outweigh the risks. The Pharmacist or Doctor can help you decide if it's right for you. A medication review is a good opportunity to see if a medication has any contraindications or interactions with other medications. supplements, or alternative medications.

Is there a go-to guide for medication vs. supplement interaction?

-SHEELAGH

ANSWER: There are some online tools and textbooks with general information that you can reference before your medication review. Since medication is tailored to the individual. your Pharmacist can help put this information into context. The Pharmacist will look at your medication history and at the supplement or alternative medication you're taking, then probes what outcomes you're trying to achieve to see if it's safe for you. The Pharmacist will tell you how you can understand and optimize your medication, what side effects to be aware of, and teach you how to manage them.

HAVE ANOTHER QUESTION?

Ask your pharmacist about reviewing your medications so they contribute to your optimal health. Find a pharmacist near you at shoppersdrugmart.ca



CALCIUM ATENOLOL ATORVASTATIN METFORMIN LISINOPRIL SALBUTAMOL ERYTHROMYCIN

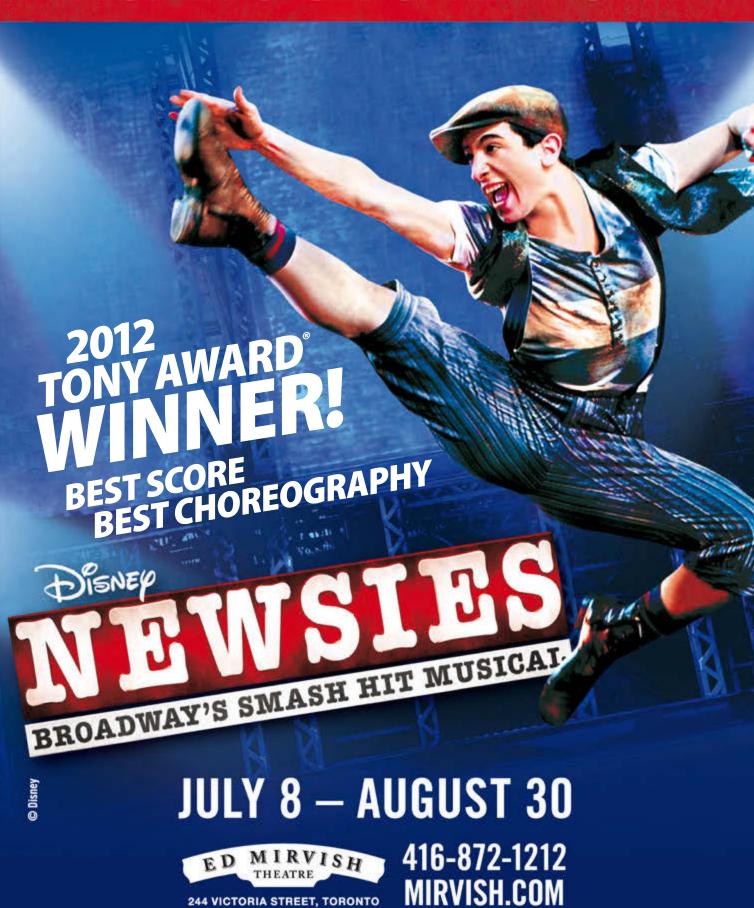
MEDICATION IS COMPLICATED, BUT NOT TO YOUR PHARMACIST.

A medication review with your Pharmacist can help you make sense of the medications you put in your body - both prescription and over the counter.

PharmaCheck medication review in New Brunswick, the Saskatchewan Medication Assessment Program, MedsCheck in Ontario, and similarly named programs in other provinces are funded by their respective provincial governments for those who are eligible. Not available in MB, QC, YK and NWT.



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FAT FACTS

UNDOING VACATION DAMAGE

SUMMER FOOT CARE



No small change

Tweaking her eating habits and including family in her fitness goals helped Karen Price lose 30 pounds.

AS TOLD TO MADELEINE WHITE

WHERE SHE STARTED

My pregnancies were difficult. I was on bed rest while carrying my firstborn, Dexter, from 20 weeks on. I put on about 30 pounds—and didn't lose it after his birth. Then, when I was pregnant with Elliot, I was afraid to exercise because my first pregnancy had been so difficult.

After I had Elliot in March 2012, I weighed about 210 pounds. Initially, I wasn't weighing myself, so I wasn't entirely sure of the number—and I didn't really want to know. Though I'm a tall person who carries weight well, I felt tired all of the time and wasn't happy with how I looked. I couldn't get down on the floor to play with my kids-I didn't have the stamina. I thought, You have to shape up.

There was no lightbulb moment. It was more about wanting to be active so I could be there for my boys (I lost my mom when I was 21). o



HOW SHE DID IT

My first goal was to get under 200 pounds. I'd been going to the gym at least three days a week for about a month, and when I finally weighed myself for the first time, I was down to 193.

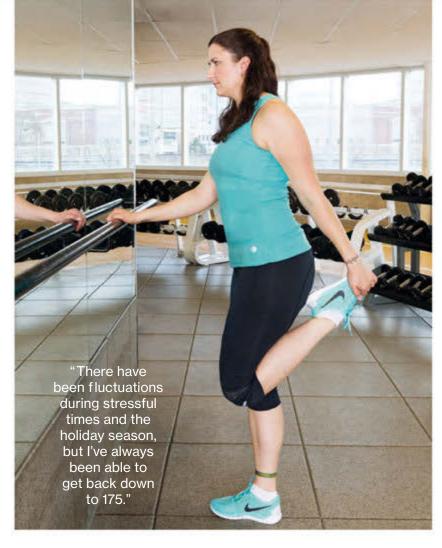
My next goal was to reach 185, and when I did, I thought, 165 would be nice, but I'd be happy with 175. Then, I got down to 175 pounds, and I've maintained that for the past 10 months.

The last five pounds were the hardest to lose. I became a little obsessive, weighing myself a couple of times a day and policing my food intake. Once I achieved my goal, though, the obsessiveness went away. I became less concerned about the number and more about how I felt. That said, there have been fluctuations during stressful times and the holiday season, but I've always been able to get back down to 175.

As part of my get-in-shape plan, my family joined the YMCA. In addition to improving my fitness and carving out a little "me" time, my husband wanted to get active and we both wanted the boys to socialize with other kids in the children's programs.

As I started to get into the mindset of actually trying to lose weight, I turned to personal trainers who helped me develop a cardio and weight-training routine, which I did three or four times a week. I also went to the Y with my family every Sunday. My husband and I would work out, then take the boys swimming. We really tried to embrace an active lifestyle.

There was nothing extraordinary about my diet. Instead of eating chips, I snacked on fruit and vegetables. A hard-core pop drinker, I limited my soda consumption to one can a day, a drastic reduction



considering I typically drank three or four. I baked rather than fried my food, I ate smaller portions and I added more greens—such as peas, green beans and broccoli—to my plate. Because I was cooking more healthfully, my family ate more healthfully, too.

My junk-food addiction wasn't something I was willing to give up completely (it's my Achilles' heel). I didn't cut out McDonald's hamburgers, but instead of

ordering a Quarter Pounder Meal, I'd opt for a kids' Happy Meal. No diet will be successful if you give up all the things you love.

The key to changing my eating habits was training my brain. I learned to eat until I was satisfied, not until I was full. When I wanted to have a snack before bedtime, I'd tell myself, No, you don't need it. You're bored, not hungry.

WHERE SHE IS NOW

I've been able to maintain my weight because I continue to be active. I still go to the YMCA three or four times a week, doing a few days of strength training and devoting at least one day to cardio. I monitor what I eat, though I'm not as vigilant as I used to be. Every week, I review my diet and ask myself whether I overindulged. If the answer is yes, I know I'll have to be more careful the next week.

Accomplishing my weight-loss goal was a moment of pride. Losing weight is

difficult, especially as your age climbs. The fact that I put my mind to it and I did it is really rewarding.



MODEST WEIGHT LOSS, MAJOR GAINS

Losing just five to 10 percent of your overall weight has major health benefits, says Dr. Cindy Forbes, family physician in Fall River, N.S., and president-elect of the Canadian Medical Association. Even a small weight loss can:



Dr. Cindy Forbes, family physician

- IMPROVE blood pressure
 IMPROVE control
 over blood-sugar levels for
 people with diabetes
- LOWER cholesterol
 HELP prevent heart disease
 IMPROVE symptoms of
- arthritis (especially if you suffer from hip or knee pain)
 HELP prevent arthritis
- REDUCE the risk of some obesity-related cancers, such as esophageal, colon and endometrial cancers
 - IMPROVE your mood

Dr. Forbes adds this small caveat: "If you regain the weight you've lost, over time, you will also lose the health benefits."



PHOTOGRAPHY: RYAN BROOK (OLIVE OIL, FORK, FOOD GROUPING); THINKSTOCK. STYLING, CHRISTINA YAN (OLIVE OIL DRAWING, FOOD GROUPING)

A MATTER OF TAIL

Fats are a necessary part of our diet—but some are better for us than others. Here's what you need to know about the fat in your food.

BY JILL BUCHNER

You Are a Well-Oiled Machine

Your brain is 60% fat.

HAIR

Omega-3 fatty acids can help give you shiny hair by providing the necessary fat to hair shafts and oil to the scalp.

HEART

Evidence indicates unsaturated fats may promote heart health by lowering artery-clogging LDL cholesterol, while other fats, such as trans fats. can increase your LDL levels.

SKIN

Fats make up the cell membranes in your body and are especially important for your skin. Some fats can prevent water loss and may help quell inflammation.

Research shows omega-3s may protect your eyes from conditions like age-related macular degeneration, a disorder that can cause vision loss.

HEAD

Fats are essential for a healthy brain. Ongoing research suggests omega-3s may help improve your memory and protect against dementia, while trans fats could increase your risk of Alzheimer's disease.

GI TRACT

Fats help your digestive system absorb vitamins A, D, E and K, as well as healthy pigments called carotenoids, powerful antioxidants such as lycopene and beta-carotene that may help fight cancer.

STRAIGHT TO THE FATS



1 GRAM OF FAT

= **9** calories

1 GRAM OF PROTEIN

= 4 calories

1 GRAM OF CARBOHYDRATE

= 4 calories

Fat contains more than twice as many calories per gram as other macronutrients, but don't write it off: Fat makes you feel fuller than simple carbs and is essential for optimal health.

EVERYTHING IN MODERATION

20-35% of your calories should come from fat.

90 of calories should come from saturated fat.



The average woman should get

grams of fat

each day

1 cup of low-fat plain yogurt



4 grams



1 slice of Cheddar cheese 9 grams



1 tbsp of mavo 18 grams



WHAT DOES YOUR TARGET DAILY INTAKE OF FAT LOOK LIKE?

HERE'S HOW IT COULD ADD UP.

14 cup of almonds 10 grams



1 tbsp of olive oil 14 grams



half a fillet of salmon 7.5 grams

Based on a diet of 2,000 daily calories

HEALTHY B HAZARDOUS?



JULY 2015 | CANADIANLIVING.COM

same harmful effects as

those that are man-made.

intake, focus on eating fewer processed foods

(which are more likely to include the oils high in

omega-6s) and including sources of omega-3s.

Consuming just 1,000 extra calories each day (or about three fruity cocktails) equals a gain of two pounds for each week of your vacay.



Post-vacay rebund

Is one of the souvenirs from your getaway a few extra pounds? This 10-step recovery plan will help get you back on track.

BY THERESA ALBERT

hen my family has overindulged while on vacation, it's customary for me to let out a big sigh, followed by, "Well, gang, we've gotta clean it up when we get home." I don't usually get any pushback since we're all feeling the effects of our bingeing: waistbands are tighter, energy levels lower. There's no question the week or two after a holiday eat-a-thon can be extra challenging because our bodies have come to expect the extra calories. Here's how to ease your body back into a regular healthy routine.



1. CLEAR OUT THE CUPBOARDS

Kristine Fretwell, a Vancouver recipe blogger and fitness professional, says that after a vacation of allyou-can-eat buffets,

fried fare or cottage munchies, many of us crave healthful food. "If you are used to eating healthfully but splurge on vacation, you're left feeling like you have a food hangover," she says.

Once you get home, clear the house of tempting treats and increase your water intake— H_2O will not only fill you up but also aid digestion and relieve the bloating that comes with overdoing the margaritas or salty fried foods.



2. PLAN YOUR MEALS THE FIRST WEEK BACK

You're more likely to breeze through your return to healthful eating if you keep your meal plan simple. For

breakfast, try half a cup of Greek yogurt and a quarter cup of blueberries with chia seeds and cinnamon. At lunchtime, have a big salad topped with 115 grams of a protein such as chicken, fish or chickpeas, and a teaspoon of dressing. Add a squirt of fresh lemon juice for flavour. For dinner, baked, broiled or roasted is always better than fried. Add more fish to the mix, and if you're going to have meat, choose the leanest cuts. Aim for 115 to 170 grams of protein and a full plate of steamed vegetables.



3. SIP SOUP

Pennsylvania State University researchers found that sipping vegetable soup before a meal may suppress appetite, reducing overall daily caloric intake by up to 20 percent. This

strategy is on trend with the paleo food du jour, bone broth, which is a source of the healthy fats and nutrients found in the marrow of animal bones.



4. MOVE IT

Get back to your fitness routine right away, says Mimi Liliefeldt, a Toronto personal trainer. "The key is to move," she says, adding that a fitness tracker or pedometer can boost

motivation. "Scheduling your training or classes before work can help you get rid of the sluggish postholiday feeling."



5. TRY A NEW WORKOUT

Revitalized and rested? Now is the time to try something you've never done before: Zumba? The Bollywood danceinspired Doonya? Spin

class? Aquafit? Find something that inspires you and get started.



6. MAKE TIME FOR TEA

Add an herbal tea to your day. It has been suggested that dandelion tea helps reduce bloating by providing your liver with the nutrients it needs

for effective digestion. Studies suggest the polyphenols found in black and green teas may help prevent inflammation, while raspberry tea is high in vitamin C.



7. EAT FROM A SMALLER PLATE

This portion-control method works. You can also try the Okinawan practice of *hara hachi bu*: eating only until you are 80 percent full.



8. TURN IN EARLY

A lack of sleep can mess with appetite hormones ghrelin (which triggers hunger) and leptin (which makes you feel satiated). Going to bed an hour

early may help reset the hunger messages and has the added benefit of preventing late-night snacking.

Holiday-eating dos

Eat carbs when they're worth it. Freshly baked homemade anything is a must! If you're in Italy, for goodness' sake, try every pizza and pasta.

Allow yourself one dessert per day. And always share; research suggests that your tastebuds will be just as satisfied with a few bites as with the entire dish of crème brûlée.

Choose your booze wisely. If wine is your thing, spend an extra dollar or two and go for quality over quantity. Google your favourite slushy-style fruity cocktail and consider how far it will set you back before you indulge. A 400-calorie piña colada might be worth it to you, but don't mindlessly swill three of them at your all-inclusive resort.

Be active. Do more walking, swimming and biking than you would when you're not on holiday—you'll return home feeling fit.



9. FEEL A WHOLE-BODY BURN

Forget isolation exercises; a whole-body workout will burn the maximum number of calories, both during and after your

session. Think lunges with biceps curls or burpees, says Liliefeldt.



10. INTERVAL TRAIN

Chances are you're busy playing catch-up at work— and making your way through a pile of laundry— so lengthy workouts are unlikely. Make the most of your cardio routine with

intervals of intense effort and recovery. After a solid warm-up, try 30 seconds of all-out effort, then one minute of

easy recovery pace. Aim for eight to 10 intervals. Liliefeldt suggests fast skipping or running up and down stairs.



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Nail Salon Smarts

Do you know how stringent your favourite pedi place is about disinfection and sterilization? It's worth finding out. The safest shops pull out a set of prepackaged one-use instruments for each client or encourage you to bring your own (porous tools such as pumice stones, nail files and buffers can't be sterilized).

If your city inspects nail salons, ask to see the report, which will list the local recommended hygiene practices and note any infractions, says Rachel Dunbar, public health inspector for the Middlesex-London Health Unit in London, Ont. Depending on what you find out, you may decide to switch salons or opt to do vour own toes at home.

TIP: Don't shave or wax your legs for at least 24 hours beforehand to reduce the risk of infection. "You also want to make sure the operator washes her hands before starting," says Dunbar.

When it comes to applying nail polish, rethink that gel pedicure. Sure, it may last longer, but too long-more than two weeks-may make vour nails brittle and vulnerable to infection. says Dr. John-Paul Gordon, St. John's, N.L., podiatrist. He suggests waiting a few days between applications, if you can. Nails don't need to breathe, he says. but "a nail that's not constantly covered in polish will be healthier." You've been waiting for months to stroll barefoot in the sand—so follow these tips to keep your feet healthy all season long.

BY WENDY HAAF

WALK THIS WAY

INFECTION PROTECTION

Summer is prime time for foot infections such as athlete's foot (itchy, sore, peeling feet), cellulitis (red, tender, rash-like areas on the skin) and plantar warts (hard, thick growths on the soles of the feet). Infections like these are caused by fungi, bacteria and viruses that thrive in the warm, moist environments where we tend to wander barefoot-think pool decks, public showers and change rooms. Prevention is as easy as slipping your feet into flip-flops. Just don't walk around or stand all day in them; wearing these flimsy summer staples for too long can cause foot and ankle pain, and they won't protect your tootsies from stubbed toes or cuts, says Dr. John-Paul Gordon, podiatrist in St. John's, N.L.

KEEP THEM DRY

Infections can also occur closer to home—damp footwear and sweaty socks are havens for bacteria. "Our feet naturally sweat up to a cup of moisture per day,"

says Marjorie Neill, registered nurse at one of the Dalhousie Family Medicine clinics in Halifax. Fight back by changing your socks regularly and drying your feet thoroughly. Take the insoles out of your shoes overnight to refresh them and consider wearing a few different pairs of shoes, alternating from day to day throughout the week. And because dry, callused skin can split and crack, providing an entry point for infection, Neill recommends using a pumice stone to smooth your feet immediately after bathing, then moisturizing.

TREAT YOUR FEET

If you suspect you're battling an infection, you might be tempted to try an over-the-counter treatment, but it's wise to see a health professional first for an accurate diagnosis, says Neill. And always take care to follow the instructions; wart remedies can burn surrounding skin, and antifungal creams need to be used consistently as per product instructions—not just till the

itching stops. Plus, some treatments may not be appropriate for people with diabetes; if that's you, talk to your doctor beforehand.



FIND YOUR FOOTING

If the shoe fits, that doesn't necessarily make it good for you. The wrong footwear can lead to pain and injuries. From heels to hiking shoes, here are some styles you can really walk a mile in.

BY JILL BUCHNER

FOR THE WEEKEND

· Smart sandals stay securely on your feet while still providing a comfortable amount of room. These straps mean you won't need to scrunch your toes to keep the shoe in place the way you need to with some other types of strappy footwear (ahem, flip-flops).

> Merrell Enoki convertible sandals, \$85, mec.ca.

FOR THE BEACH

 These sandals are made to safely step from land to water. The soles have pads for absorbing impact, while the treads are specially designed to protect you from slipping and the adjustable straps make sure your feet are perfectly locked in.

· The base of this sandal is lined with quick-drying microfibre and treated with an antimicrobial helping prevent the growth of moisture-loving

Rockport Total

Motion Stone ankle-

\$130, rockport.ca.

strap sandals in Tuffet,

bacteria.

FOR THE TRAILS

· Whether you're trekking the mountains on your summer holiday or hiking a nearby national park, you need a good defence against sharp sticks, toe-stubbing rocks and whatever else awaits in the wilderness. The high-traction rubber outsoles on these shoes wrap around the toes to save you from stubbing, while the polyurethane midsoles resist compression, offering extra foot support and protection.

> Keen Marshall WP hiking shoes, \$140. keenfootwear.com.

Blisters can be a huge setback for hikers, but these boots have a specialized moisture-wicking lining, which works with the Keen.Dry breathable waterproof membrane to keep water out while letting sweat escape.

> There's a special cushion called Adiprene, designed by sports experts at Adidas, hiding in this wedge heel that absorbs shock to lessen the impact of each step.

FOR THE OFFICE

 It takes rocket science to create what shoemaker Ron White calls All Day Heels. The insoles are made of NASA-created Poron, which, under a microscope, looks like 1,000 air bubbles per square inch; underfoot it provides cushioning that won't compress beneath your weight.

Ron White Gladys pumps in Nude Bouquet \$445. ronwhiteshoes.com.

If you just can't resist high heels (neither can we!), try to keep them as low as you can and avoid the wobbleinducing spiky stiletto.

> These outsoles are inspired by Z-rated tires, which means they've got tons of grip for stopping or turning on a dime.

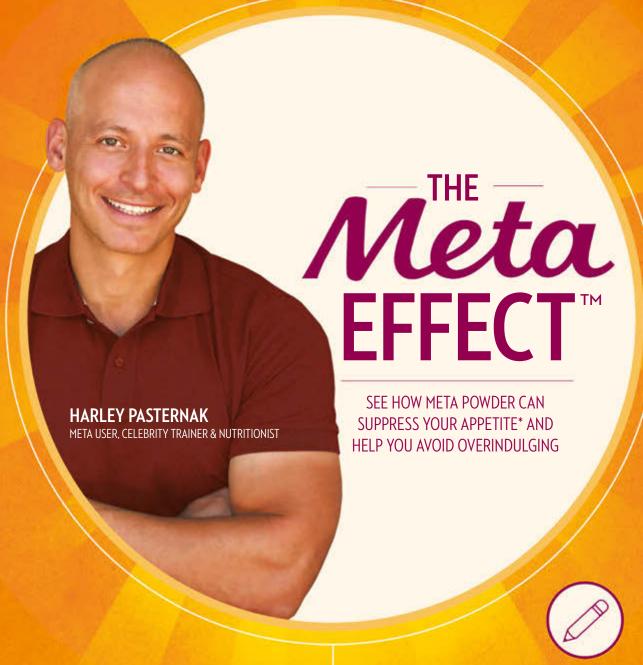
FOR YOUR RUN

· These shoes will get you pumped-literally. Press the air pump as many times as you like and an air-filled cage inside will inflate to provide the shoe's upper structure, customized to the shape of your foot.

• Notice anything missing? There's no tongue! Since this shoe is all one sock-like piece that moulds to the shape of your foot, there are no extra parts to cause chafing and no spaces to cause slippage as you run.

Reebok ZPump Fusion running shoes, \$140, reebok.ca.





Go on. Pick a tip.

That marks the start of one small healthy change you can make.

You see, Meta powder contains 100% naturally sourced psyllium fibre, the kind I use (and rave about). The kind of fibre that helps to temporarily suppress your appetite when taken prior to a meal* and even lowers your cholesterol levels.**

Write it. Live it.

Write your goal down. Read it before you go to sleep. Tomorrow, do one small thing to help with that goal. Like having Meta in your morning glass of water to increase fibre in your diet.



Walk This Way

Set a number of steps you must take before going to bed. Like 10,000 a day. Cool down and get your fibre by adding Meta to a Lemonade Chiller.



Hello H2O

Staying hydrated could help you Even better, add Meta.



Kitchen Clean Out

Purge your cabinets of cookies, chips, and fresh fruits, veggies and whole grains.



Harley's Smoothie

5 almonds, 1 red apple, 1 banana, 3/4 cup nonfat Greek yogurt, 1/2 cup nonfat milk, 1 tsp. Meta, 1/2 tsp. ground cinnamon



Call a Pal

If you need some motivation to work out, call a friend. After you work out, add Meta to your water. Rehydrate and get a fibre boost.



A Smoothie Start

Breakfast kick-starts your metabolism and helps keep you alert throughout the day. Rushed for time and looking for ways to get Meta? Try a Banana-Orange Frosty with a scoop of Meta.



Shop Smart

Studies show that snacking before a Mix a smoothie, add Meta and go.



Eat. Out. Less

Home cooking will cut out excess salt restaurants. Add Meta to your dinner beverage for extra fibre too.



Meta Minder

Set reminders in your calendar 15 min before mealtime. That'll ensure you break out the Meta in time to dine.

> Get full Meta recipes, tips & coupons at metaeffect.ca



Oh. Mr. Sun

Get out and soak up some Vitamin D for strong bones and a good mood. While you're at it, add a scoop of Meta to your water bottle and get your fibre too.



Mind Changer

Change your mindset and you have the power to change your life. Want to add at the office and at home.



Dine Out Tip

Drink a Meta powder smoothie before and help suppress your appetite.*







Natural Health Lifestyle FROM SCANDINAVIA

For over 20 years New Nordic has been the leading Scandinavian provider of high quality natural supplements. Our goal is to make products that improve people's health and vitality at all stages of life. We aim to be innovative leaders and to always provide our customers the very best natural remedies, nature can provide.

Do you suffer from tinnitus?

Ear Tone ™ is a Swedish product that is based on new research, showing significant results in relieving tinnitus naturally. Ear Tone™ works by supplying the ear with the right nutrients while promoting peripheral blood circulation. Try Ear Tone today and experience the effects for yourself.





TESTIMONIAL:

THE RINGING IN MY EARS FINALLY FADED!

y tinnitus problem started years ago. I was listening to music

during a long bus ride and when I stepped off, I noticed a constant ringing in my ears. Over time the ringing kept coming back and the noise even increased. It was unbearable.

When a friend told me about Ear Tone, I bought a box with great anticipation. After starting the second box I noticed that the ringing was reducing in strength and its been declining ever since.

I can't express how happy this makes me feel and how

much I now enjoy some silence. I still take Ear Tone, just to make sure I keep my ears healthy and to prevent problems in the future.

I strongly recommend Ear Tone - it has made a world of difference to me."

Lilly P. Sweden

New Nordic products are available at participating pharmacies and health food stores. For more information or to purchase online, visit our website or call at 1-877-696-6734.































Mulberry Zuccarin Max™ MANAGING SUGAR **CONSUMPTION AND WEIGHT**

Yew Nordic's Zuccarin product was recently tested in a weight loss study and found to produce strong weight loss results. Zuccarin uses natural mulberry leaf extract and chromium,

to block absorption of carbohydrates in the foods we eat. When these sugars are undigested, our blood sugar stabilizes and we produce less of the fat storing hormone insulin.

Journal of Biological Regulators and Homeostatic Agents., Vol 28, no.1, 2014.

New Nordic's Mulberry Zuccarin tablets shown to produce 20 pounds of weight loss.

European Study

The link between excess sugar consumption and increased body fat has long been known, but recently a natural sugar-blocking supplement showed impressive results in an Italian clinical study, published recently.

The product, called Zuccarin Max, produced average weight loss of 20 pounds in only 90 days, which was significantly more than the placebo group and equal to 10% of initial body weight.



"White Mulberry Supplementation as Adjuvant Treatment of Obesity", G.Da Villa, G. laniro, F. Mangiola, E. Del Toma, A. Vitale, A. Gasbarrini and G. Gasbarrini, Journal of Biological Regulators and Homeostatic Agents., Vol 28, no.1, 2014.



Mulberry leaf extract has been used for centuries in Asia for its ability to stabilize blood sugar levels.

Zuccarin is the no.1 selling mulberry leaf supplement in the world. To use Zuccarin simply take one tablet before a main meal, to reduce the absorption of sugars.



TAKING CARE OF NATURE AND PEOPLE:

New Nordic's environmental mission is staying CO, neutral, and we do this by replanting trees to offset our emissions. New Nordic also supports Vitamin Angels, an organization that provides vitamins to children in need.





vitamin angels

BEAUTIFUL & YOUTHFUL SKIN



Skin CareTM

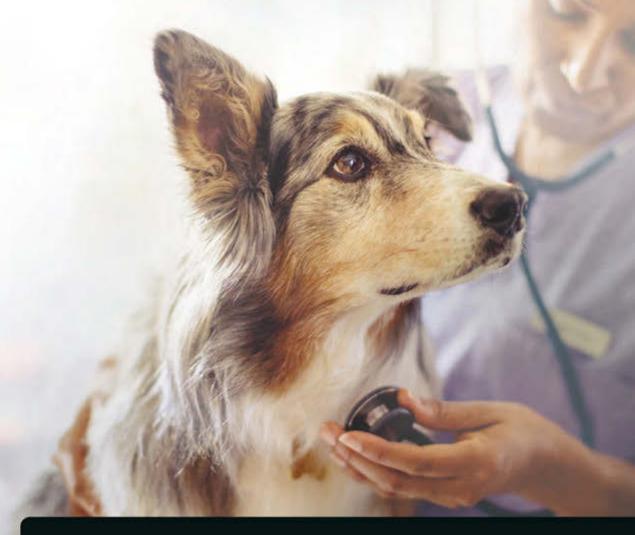
by New Nordic

- ✓ New anti-wrinkle supplement with type 1 collagen to promote thicker and smoother skin
- ✓ Increases hydration and elasticity in the skin
- ✓ Nourishes your skin from the inside out



There's nothing you wouldn't do for your furry friend.

From regular trips to the vet to buying the healthy dog food, you go to great lengths to protect the things you care about. That's why we go to great lengths to protect your money. With *Interac* Flash, you're protected with a \$100 transaction limit, PIN verification after \$200* and zero customer liability, so you won't pay for unauthorized purchases.



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ESSENTIAL SUMMER READS

LIFE ON THE FARM

GO GREEN



PHOTOGRAPHY, JEREMY KORESKI





LOISTERED in a tangle of towering evergreens and the sound of crashing surf, Tofino, B.C., doesn't share its wonders easily. The trip from Vancouver is two hours by ferry, then another four by car, traversing highways, regional roads and, finally, a narrow necklace of pavement strung along mountains. But the payoff eclipses the journey, as the tourist influx—Tofino's year-round population of 1,800 swells to 22,000 in the summer—will attest.

After the long haul to Vancouver Island's westernmost outpost, my family and I needed the kind of re-energizing that comes from the wild Pacific, but we also craved the rustic luxury that Tofino has cultivated for years.

The Pacific Sands Beach Resort, one of the original luxury lodges in Tofino, meets both sets of demands with accommodations that range from studio kitchen suites (as low as \$200 a night during the winter storm season) to beach houses. Both offer the chance to freshen up in a doublesoaker bathtub while peeking at the ocean through floor-to-ceiling windows. Nightly s'mores roasts and summer BYOB salmon bakes round things out, making the resort your family's playground.

COLUMBIA ICEFIELD WHAT YOU'LL SEE

This is the largest ice field in the Canadian Rockies, encompassing the mammoth six-kilometre-long Athabasca Glacier

in Alberta, which, with proper equipment and a guide, visitors can explore on foot. icewalks.com • BEST TIME TO GO JUNE TO SEPTEMBER

NORTHERN LIGHTS WHAT YOU'LL SEE

Aurora Village in Yellowknife has unobstructed views of the aurora borealis, that magnificent explosion of psychedelic light formations dancing across the night sky. visityellowknife.com

BEST TIME TO GO

FALL TO WINTER

50

HAIDA GWAII

WHAT YOU'LL SEE This

string of islands along the coast of northern

British Columbia is a mix

of temperate rainforests,

remote settlements, unspoiled

sacred aboriginal sites. Roads

are few; sea lions and whales

haidagwaii • BEST TIME TO GO

are plentiful. hellobc.com/

MID-MAY TO SEPTEMBER

beaches, old-growth forests and



As idyllic as the grounds are, we couldn't resist grabbing the free bikes, available to guests renting beach houses, and heading to town for some predinner snacks and drinks at two buzzed-about spots. The Tofino Brewing Company, a local-ingredient-obsessed, surfer-run gem, has a tasting room that's packed with both tourists and locals deciding between such curious brews as Kelp Stout and Hoppin' Cretin IPA. Can't choose? Just order the flight to try them all.

Next, indulge in apps and sundowners (Tofino's answer to happy hour) at the new Ice House Oyster Bar. It offers one of the best waterfront patios in the country, with a panorama of wheeling bald eagles and fishing trawlers against a jaw-dropping backdrop of mountains and ocean.

Cap the evening off with dinner at Wolf in the Fog. Open since June of last year, this rustically elegant venue appeals to foodies, surfers and families alike. My family loved sharing the massive portions, as well as choosing from the best of the local bounty: foraged mushrooms, seaweed salad and the signature potato-crusted Beach Angel oysters.

Well fed and rested, we set off the next morning on the five-hour Sea to Sky tour



to Hot Springs Cove, geothermal waters that have been spilling into northern Clayoquot Sound for thousands of years. We enjoyed an action-packed day of spotting orcas and sea lions, hiking and relaxing in the hot springs. Local tour operator Jamie's Whaling Station made the adventure a can't-miss for us when our eight-year-old got to fly shotgun on the floatplane ride back to Tofino.

Of course, you can't visit the West Coast without riding the surf. Our three-hour class with Surf Sister Surf School started in front of the shop's whiteboard, moved to pop-ups on the sand and ended with rolling waves that pushed our giant boards toward the shore—and Canada's surf city deeper into our hearts. — Tom Gierasimczuk

HOEVER said it's not the destination but the journey that truly matters must have taken a scenic trip on the Rocky Mountaineer (rockymountaineer.com). Where else but on this daylight-only train service will the engineer slow down so passengers can snap a photograph of a mountain goat or a black bear while winding through Kicking Horse Pass in the Canadian Rockies? It's all part of creating an experience that indulges the senses and satisfies your inner adventurer.

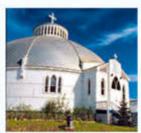
That experience begins as soon as the train pulls out of the station, and if you're travelling east, it all starts in Vancouver. Your only concern, as you recline in the glass-domed viewing car, is which wine to have with your lunch. Otherwise, sit back

DINOSAUR PROVINCIAL PARK AND THE CANADIAN BADLANDS

WHAT YOU'LL SEE Is digging for dinosaurs near the top of your bucket list? Sign up for a one- to three-day (real) dinosaur dig led by expert paleontologists at a UNESCO



World Heritage Site in the badlands of southern Alberta. It's a once-in-alifetime chance to unearth fossils from the ground where 40 dinosaur species lie buried. albertaparks.ca • BEST TIME TO GO MAY TO OCTOBER



THE RETURN OF THE SUN
WHAT YOU'LL SEE From December
to January, Canadians living in
the Arctic endure nearly 30 days
without daylight—so you can
imagine the party they throw
when the sun shines again.
Visitors to Inuvik, N.W.T., can
get in on the fun by joining the
snowmobile parade, hopping

a dogsled or catching a concert in the Igloo Church.

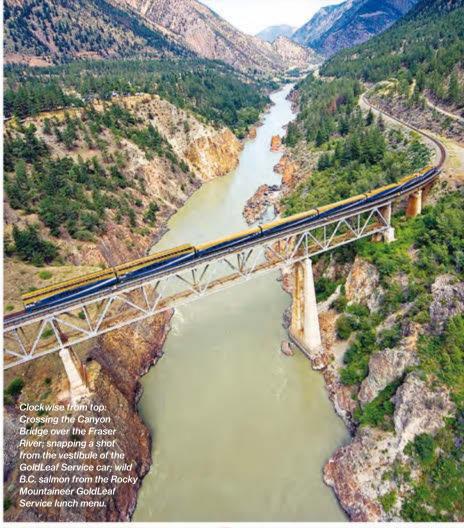
destinationinuvik.com • BEST TIME TO GO JANUARY, IN TIME
FOR THE INUVIK SUNRISE FESTIVAL

and watch the wonders of the Canadian West—the rushing waters of Hell's Gate in the Fraser Valley, the Rocky Mountains, the snow-capped peaks of Yoho National Park, the grandeur of Pyramid Falls—unfurl in front of you. You can't get access to views like these from an airplane seat or through the windshield of a car.

Customizing those views is part of the package: Choose a one-day trip or come aboard for up to 24 nights. Some routes, such as the classic, meander along the West Coast or into the Interior, while others head directly from Vancouver into the Rocky Mountains. If you crave a little more independence, ride from Vancouver to Jasper, then hop into a rental car for your own road trip. Book a return, called a circle journey, or combine your rail holiday with an Alaskan cruise. A handful of Rocky Mountaineer packages combine train and coach bus, so you can explore areas unreachable by rail. Got lots of time on your hands? Pair the Rocky Mountaineer trip with Via Rail (viarail.ca) and travel the entire breadth of Canada.

If travel makes you hungry, get ready to eat—and eat well. There are no shrink-wrapped sandwiches on this train. Instead, start your day with its signature breakfast: Sir Sandford Fleming eggs Benedict with tarragon hollandaise. At noon, choose between Alberta Ranchland pork tenderloin, pan-seared B.C. salmon, beef short ribs braised in Okanagan Valley Merlot and sweet Chilliwack corn farfalle, all served on white linen.

At the end of the day, bed down in a comfortable hotel (no worries, the staff totes your luggage to the hotel). Then, after a good night's rest, head back to the station to continue the journey. — *Doug O'Neill*









QUTTINIRPAAQ NATIONAL PARK

what you'll see Wilderness camping, backcountry hiking and dogsledding lure many people to remote parts of Nunavut, Canada's youngest territory. Experience all of these activities in mountainous and glacier-covered Quttinirpaaq National Park, accessible from Resolute Bay. nunavuttourism.com

• BEST TIME TO GO SPRING

GRASSLANDS NATIONAL PARK

WHAT YOU'LL SEE This vast prairie expanse in southern Saskatchewan is one of the few places that backcountry hikers and horseback riders might come upon a herd of roaming buffalo in the middle of the day. At night, it's the best spot in Canada for



stargazing. Grasslands National Park is designated by the Royal Astronomical Society of Canada as the darkest Dark-Sky Preserve in the country. tourismsaskatchewan.com

• BEST TIME TO GO MAY TO EARLY OCTOBER



HERE I stood, sporting a patriotic red-and-white eyelet sundress, under the gargoyles in the foyer of the House of Commons—probably not where you'd expect to find a starry-eyed 11-year-old on Canada Day. But I'm from Ottawa, and I was lucky enough to spend our nation's birthday at the Parliament Hill bash in 1996. As the reverb from an outdoor concert infiltrated the stone halls, I slurped back my very first (and last) oyster while standing a few metres away from then–prime minister Jean Chrétien.

Was that my favourite Canada Day moment on record? Possibly. Or was it the time we watched the legendary fireworks show from a houseboat on the Rideau Canal? No, wait. I received my first kiss on Canada Day. Actually, scratch that; the kiss was awful. The truth is that Canada Day is

magical for anyone who's in Ottawa on July 1. In the morning, there's that unexpected heart-in-your-throat moment when the Maple Leaf drifts upward on the east lawn of Parliament Hill. There's the pomp and pageantry of the Changing of the Guard and that collective sigh when the Snowbirds' CF-18s roar overhead. Plus, the day is harmonized by an all-Canadian soundtrack from noon to 10 p.m., with live performances on both the main stage on Parliament Hill and the secondary stage in Major's Hill Park.

Ottawa shares Canada Day with 350,000 visitors who unleash a brand of pride and patriotism usually reserved for the Olympic Games or a major hockey event. And the day ends on a magical note: a crescendo of more than 1,000 fireworks over the Ottawa River—and, if you're lucky, a really great kiss. — *Julia McEwen*

CAPITAL IDEAS

BEST VIEW OF THE FIREWORKS

Surprisingly, the best vantage is across the river in Gatineau, Que., at the Canadian Museum of History. If you stay in the nation's capital, head to Major's Hill Park.

IN CASE OF RAIN

Pop into the nearest gallery or museum— admission to the National Gallery of Canada, the Canadian Museum of Nature and the Canadian War

Museum is free on Canada Dav.

GETTING ABOUT

Skip the postfireworks taxi ride and take advantage of free OC Transpo and STO (Société de transport de l'Outaouais) buses.

BEST PLACE TO PICNIC

The green space above the historic Ottawa Locks, situated between Parliament Hill and the Fairmont Château Laurier, is never crowded, and it offers spectacular views. — JM

POLAR BEARS OF NORTHERN MANITOBA WHAT YOU'LL

SEE Churchill,
Man., on the
subarctic shores of
Hudson Bay, is one of the few
areas where visitors can observe
polar bears in the wild—from
the security of a Tundra Buggy.
churchillwild.com • BEST TIME

TO GO OCTOBER AND NOVEMBER



TEMAGAMI WILDERNESS WHAT YOU'LL SEE Ontario's

Lady Evelyn Smoothwater Provincial Park guarantees the best of Temagami: oldgrowth pine, rushing rivers and waterfalls, access to a 2,400-kilometre canoe route system and the chance to

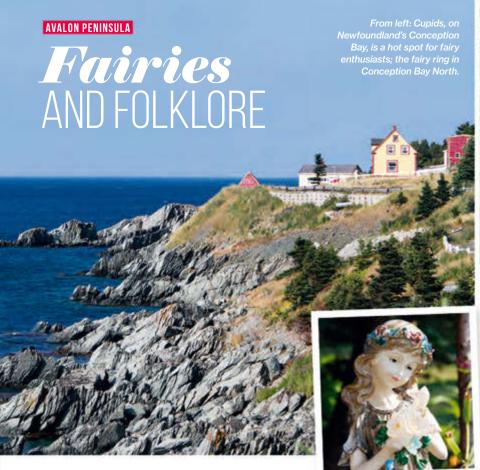
experience the quiet and remoteness of the Canadian wilderness. temagami.ca • BEST TIME TO GO JULY AND AUGUST (The blackflies that arrive en masse mid-May typically die down in June.)

ROCHER PERCÉ

what you'll see The rock formation—reaching out of the Gulf of St. Lawrence to a height of 88 metres—has the bearing of a majestic ship. It's also one of the world's largest natural arches. tourisme-gaspesie.com • BEST

TIME TO GO JUNE TO SEPTEMBER





ONG before I'd ever had the chance to visit Newfoundland, the scenery—rugged coastline, weathered fishermen, brightly painted clapboard homes—felt familiar. But the fairies were new to me.

Yes, you read that right. As the locals in St. John's will tell you, Newfoundland's rich and unique fairy folklore dates back to the 1600s. These fairies are not of the Tinker Bell variety; they come in all sizes and have been glimpsed in the shape of children, adults and animals, and as glowing lights. They're mischievous, apt to cause trouble and likely to lead you astray. And they definitely don't have wings.

They're also not to be trusted, as I found out when I arrived in the coastal village of St. Mary's. Lore has it that a fairy might come in the dead of night to swap your child for a changeling, a sickly being not entirely human. In Newfoundland, fairies are feared, respected and best avoided.

More such tales abound in Canada's first English colony, Cupids, host of an annual evening celebrating fairy culture at the Cupids Legacy Centre (cupids legacycentre.ca). "A lot of the stories in Newfoundland talk about the fairies who would put you in a trance and make a servant of you," says Peter Laracy, the centre's general manager. "They're known for

playing tricks and causing trouble and disruption." For protection, I'm offered hardtack, a rocklike bread that locals put in their pocket to ward off fairies. Other tricks include confusing them by wearing your cap inside out or pulling out your pants' pockets.

The celebration continues with a fairy play on the centre's rooftop garden and a gathering in the hall downstairs, where storytellers regale those in attendance with tales of dramatic fairy sightings.

Hoping for a sighting of my own, I head to Conception Bay North to visit a fairy ring, a natural formation for the creatures to meet. In this case, 13 towering ancient beech trees form a circle with a completely barren centre-even the branches lean outward, like graceful dancers. (According to legend, nothing will grow on fairy ground.)

Did I see a fairy? Alas, no. But by journey's end, I had come to know the province's otherworldly fairy terrain: majestic cliffs, ocean swells and ancient barrens. It all made a lasting impression. Above all, I discovered that part of the magic of Newfoundland is its kind and welcoming people—all the more reason to return to the Rock. — *Day Helesic*

CAPE BRETON HIGHLANDS WHAT YOU'LL **SEE** Spectacular highlands, steep cliffs, deep river canyons and unforgettable views of the ocean are the hallmarks of Cape Breton Highlands National Park. novascotia.com • BEST TIME

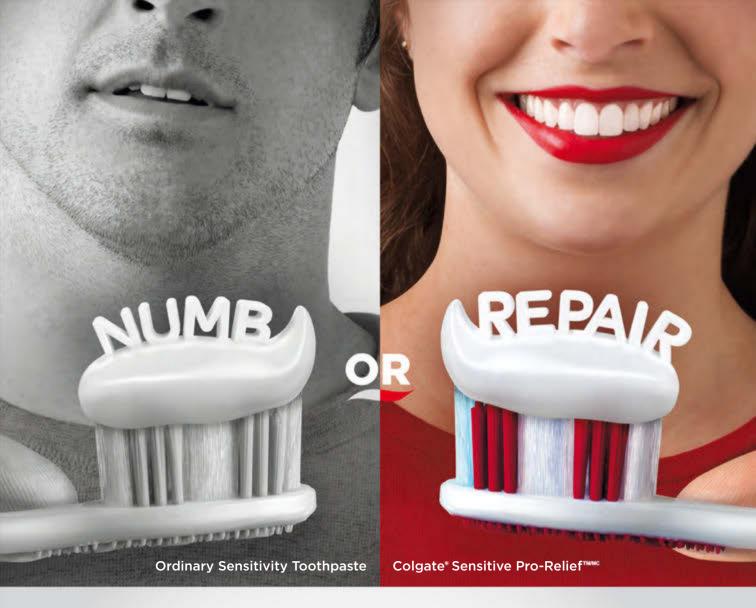


BAY OF **FUNDY TIDES** WHAT YOU'LL SEE One of the best places to witness the highest tides in the world is Hopewell Rocks in New Brunswick. When the tides are out, you can walk the ocean floor. thehopewellrocks.ca BEST TIME TO GO

MID-MAY TO OCTOBER

GREENWICH SAND DUNES WHAT YOU'LL **SEE** The dunes in Greenwich, P.E.I., are rare parabolic dunes, which nature has sculpted into

unusually large U-shaped formations. This is one of the very few places in Canada to see them. tourismpei.com • BEST TIME **TO GO MID-MAY TO MID-OCTOBER**



SENSITIVE TEETH? THERE'S A BETTER CHOICE.

Seals exposed nerves to help repair sensitive teeth.**



Colgate*

STOP NUMBING. START REPAIRING SENSITIVE TEETH.

Canada's FAB IV diving team already knows what it takes to be successful—in work and in life.

o one knows workplace pressure like Canada's all-female diving team the FAB IV. With judges, cameras and hundreds of people watching, they must execute near-flawless synchronized and solo dives in some of the biggest competitions in the world, such as the upcoming Pan Am Games and the 2016 Summer Olympics, to name a couple. Partners Meaghan Benfeito and Roseline Filion (10m synchronized diving, individual 10m platform) and Jennifer Abel and Pamela Ware (3m synchronized diving, individual 1m and 3m springboard) made a guick trip to Toronto from Montreal to talk about their passion for the sport. Though they spoke specifically about diving, the knowledge they've gained is applicable to almost any career.

FAB IV FAST FACTS

Years of partnership: 10 (Benfeito and Filion); 2 (Abel and Ware). FAB stands for Filion, Abel and Benfeito, and the IV is a play on W for Ware. | Hours of training per week: 26 | Number of competitions per year: About 20 | Olympic medals won: Bronze in 10m synchronized diving at the 2012 Summer Olympics (Filion and Benfeito); bronze in 3m synchronized diving at the 2012 Summer Olympics (Abel with former partner Émilie Heymans)

WORK WITH TALENTED PEOPLE WHO CHALLENGE

YOU Ever heard the phrase "If you're the smartest person in the room, you're in the wrong room"? The general idea applies to diving, too. "We have the advantage of training with divers who have had a lot of success internationally," says Filion, "so we push each other to be better."

VISUALIZE YOUR DESIRED RESULT The warm-up before each event consists of running through the motions of the dive on the ground, "like a simulation," says Abel. Visualizing the dive before it's performed is the best preparation.

JUST DO YOU It's impossible to control another person's actions, even in a sport that

relies so heavily on teamwork. When Ware and Abel get on the springboards, "we just focus on our own dives," says Abel. "If Pam does her dive and I do mine, everything's going to be OK."

DON'T TAKE YOURSELF TOO SERIOUSLY Competing at such a high level in front of hundreds of people is a stressful undertaking, but the FAB IV divers know how to enjoy the moment and have fun. "If you take it too seriously, something's going to go wrong," says Benfeito. To loosen up prior to competition, the women often sing and dance.

ACCEPT THAT MISTAKES HAPPEN No matter how much the divers train and visualize. imperfect dives happen. "Sometimes, I have a bad day and it will be my fault that we don't do well." savs Ware. "Sometimes, it will be Jennifer. I'm not going to blame her if she dives poorly, and I hope she won't blame me." Abel agrees: "It's part of the game. You see what went wrong and come up with a solution, but you still have to keep diving the next day." - Andrea Karr

> Abel, Filion, Benfeito and Ware are some of Canada's top medal hopes at the upcoming Pan Am Games.

PHOTOGRAPHY, VINCENT GRATON



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POISE PADS FOR THE DAILY.

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FICTION

1. The Night Stages

(McClelland & Stewart) by Jane Urguhart, \$33.

This latest novel from Jane Urquhart, author of *The Stone Carvers* and *The Underpainter*, traverses time and geography. It opens with Tam, who's stuck at a Newfoundland airport, waiting for the fog to lift and thinking about Niall, the man she's leaving behind. Across the ocean, Niall has grown hopeless searching for his brother, Kieran. Reading on, you'll trace back through their individual histories in County Kerry, Ireland, and see how they begin to intertwine, while a Canadian mural painter's story unravels parallel to Tam, Niall and Kieran's epic tale.

FICTION

2. Harmless

(McClelland & Stewart) by James Grainger, \$22.

This psychological thriller begs the question: What would you do if someone you loved went missing? Joseph is spending a night with friends when he realizes his teenage daughter has disappeared with another young girl. Fear seizes control and the girls' fathers set out on a search in the nearby woods. As the hours creep by, each man has to come to terms with the lengths he's willing to go to protect his family. A father himself, James Grainger got the inspiration for his debut novel from the gutwrenching few hours that his own child went missing from a local park.

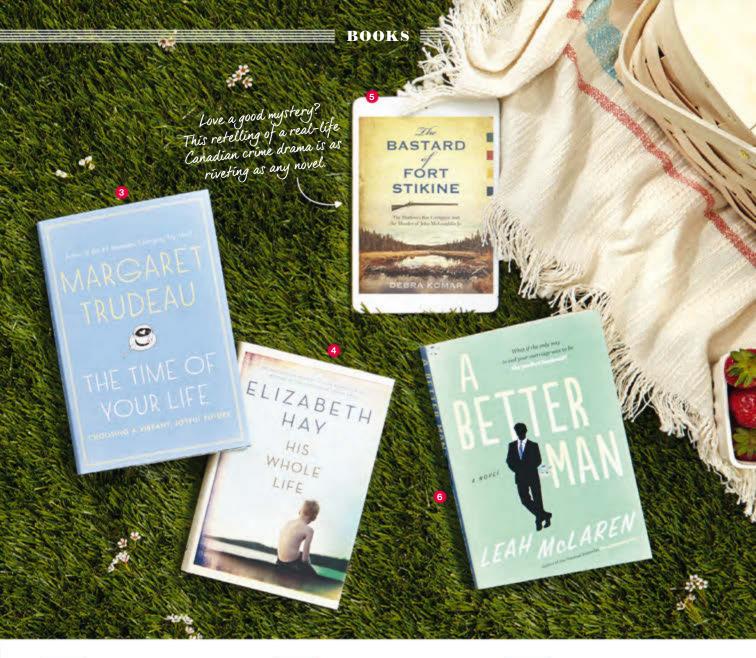
MEMOIR

3. The Time of Your Life: Choosing a Vibrant, Joyful Future

(HarperCollins Canada) by Margaret Trudeau, \$33.

One of Canada's most fascinating public figures, 66-year-old Margaret Trudeau is engaging Canadians again. While aging is typically seen in a negative light, in this book Trudeau challenges readers to embrace the autonomy and opportunities that come with having so much life behind you. Through anecdotes from her own wild past as Prime Minister Pierre Elliott Trudeau's wife, as well as stories of other inspirational women, Trudeau reveals how women can change their lives regardless of their age.

CANADIANLIVING.COM | JULY 2015



FICTION

4. His Whole Life

(McClelland & Stewart, out Aug. 11) by Elizabeth Hay, \$30.

Getting a dog is all that matters to 10-yearold Jim—that is, until everything he takes for granted in his world begins to slowly fall away. This story follows Jim (and his bond with his mother) through his youth, during which he sees his family come apart, faces the prospect of leaving his New York home to move to Canada and realizes just how complicated life can be. Giller Prize winner Elizabeth Hay impresses again with this coming-of-age tale steeped in Canadian landscape and politics, including the Quebec separatist movement of the 1990s.

HISTORY

5. The Bastard of Fort Stikine

(Goose Lane) by Debra Komar, \$20.

There's a dark 170-year-old secret in Canada's past. Forensic anthropologist Debra Komar takes us back to 1842, in the early days of the Hudson's Bay Company, when a man named John McLoughlin, the chief trader, was shot and killed. According to Komar, what went down in history as an "act of self-defence" against a drunken and abusive leader was, in fact, a murder that never made it to the courtroom. History buffs and true-crime lovers alike will get a thrill out of this gripping tale in which Komar uses modern-day forensics to tell the story of what really happened.

FICTION

6. A Better Man

(HarperCollins) by Leah McLaren, \$20.

While Maya loses herself in motherhood, spending her days obsessing over health trends and "edutainment" for the twins, her husband, Nick, decides he wants a divorce but is shocked to learn what it will cost him. To avoid being taken to the cleaners, he's advised to start treating his wife the way he did when they first fell in love. But can acting like a better man—no matter the motive—make for a better marriage? As Nick's act becomes authentic and sparks reignite, another hurdle is thrown in the way of their happiness.

BO BE

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ORB WHALE still remembers when his workday began at 5 a.m. Like his father and his grandfathers before him, the Alma, Ont., dairy farmer would rise before dawn to herd cows into one of 12 milking stalls and attach them to the milking machine's teat cups by hand—twice a day, every day of the year. Now, thanks to new farming technology, Whale can sleep till 7 a.m. while his 140 Holstein and cross-bred Norwegian Red cows are milked automatically by machines. As the cows wander freely through the barn, tracking necklaces monitor their health and milking habits.



Here's how new technology is changing the way milk makes its way from Korb Whale's farm to your table.

BY JENNY POTTER PHOTOGRAPHY BY ROBIN STUBBERT

BROUGHT TO YOU IN PARTNERSHIP WITH 100% CANADIAN MILK



(From far left) Three generations of the Whale family: Korb (holding Reagan), Kelley (holding Jack), Bruce, Rya and Deborah; cows enjoy their custom-mixed breakfast; the oldest barn on the farm, which houses calves; Deborah feeds a calf its mother's milk; a cow enjoys a good back rub from an automatic scratcher.



The result: thousands of litres of omega-3-rich milk every day—something Whale, a seventh-generation dairy farmer takes pride in. "The milk quality is significantly better than it has ever been," he says. "We're doing the same thing we've always done—we're feeding cows and we're milking cows. We just do it at such a fine level now."

Whale is typical of the modern dairy farmer—the pride he takes in his work paired with the advantages of new technology make all the difference in both the top-notch milk his farm produces and the quality of life he enjoys with his family. It's a combination that helps ensure high standards for Canadian dairy products.

Meeting those standards used to be pretty labour-intensive. "You cleaned all the stables by hand," recalls Whale's father, Bruce. "When I was really young, the milk was in milk cans that would be loaded onto a truck and taken to market." Today, milk is piped directly from the cow through a filtration system, where it is immediately cooled to 4°C, to preserve quality and freshness, and housed in a stainless-steel tank. Between 7,000 and 8,000 litres of milk are picked up every two days and tested rigorously for any impurities before they're accepted at the processing plant.

Despite the flexibility and efficiency that technology has brought to the business, Whale needs two full-time employees to keep up with the demands of farming. Every morning, for instance, one staffer mixes seven custom meals for the cows, depending on their health, age, milk production and lactation stage. Whale's parents, Bruce and Deborah, help feed the calves. "We are raising generations of animals," he says. "They become part of your family."

Whale's human family, meanwhile, soaks up farm life and provides a playful distraction from work. His elder daughter, Rya, 4, loves animals, especially cows, while Jack, 3, is mad for tractors. "It's a neat education for them to be around animals, machines and life in general." That education takes a break at lunchtime, when staff and the whole family—including Whale's wife, Kelley, and one-year-old Reagan—enjoy their midday meal together.

While dairy farming is how Whale and his father put food on the table for their families, they're also helping nourish Canadians with the milk they produce every day. "We take pride in growing food and we take pride in growing quality food," says Bruce. "It's a societal responsibility."

That responsibility carries on till 7 or 8 p.m., and even then, Whale can expect the occasional text from the barn computer to come check on a machine or a cow. "This isn't just a business and a lifestyle," says Whale. "We take care of these animals and we care about them."

MAKING Modern Milk

NUTRITIOUS AND FREE FROM ADDED HORMONES

- Here in Canada, our milk does not contain artificial growth hormones.
- Cows on the Whale farm are fed a diet of mainly homegrown alfalfa, corn and grass with an omega-3 supplement, which fortifies the milk they produce.

MILKING THEMSELVES

• Cows walk into the robotic milking stall and are identified by their tracking necklace, which lets the computer know when they were last milked. They're given a treat while the robotic arm disinfects their teats, then attaches and holds the milkers until they're finished. After a few minutes, the cows get another rinse and are free to go.

HAPPY COWS

• Cows are in the barn yearround and have free range to walk, socialize, drink, sleep and milk as they please. They have back scratchers and fresh bedding—and pregnant cows have water beds.

WEARABLE TECHNOLOGY

 Whale's cows wear tracking devices that measure how much exercise they get, when they're milked and how much milk they're producing.

The high-tech milking machines record the details of each cow's milk production and health.



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LOOK FOR





GREENING Fostering strong community bonds can belo

Fostering strong community bonds can help us care for the environment. Here's how.

JULY 2015 | CANADIANLIVING.COM

BY JILL BUCHNER ILLUSTRATIONS BY JUSTINE WONG OU HAVE HUNDREDS of Facebook friends and Twitter followers, but can you name people who live down the street? And do you know who grew the vegetables on your plate? Those face-to-face connections, commonplace 100 years ago, are important to sustaining and caring for the world around us. "Throughout history, the way that we were able to get our goods and services was through relationships," explains Severn Cullis-Suzuki. "Now, with the explosion of the globalized economy, we've replaced relationships with economic interactions." When our food comes from across the ocean, we don't think to ask how its production has impacted the land, the water or the people who live there. That disconnect allows for injustices to go unnoticed and our planet to go unprotected. "We live in a way that doesn't allow us to see our exquisite dependence on nature for our health and well-being," says Cullis-Suzuki's father, David Suzuki. Community building, suggest David and Severn, is part of the solution to environmental degradation, whether you live in a small town or a big city. And guess what? Strengthening community ties can be fun, says Lindsay Coulter, the David Suzuki Foundation's Queen of Green. Here are some tips for creating stronger, greener neighbourhoods.

Host a repair café

We often rely a bit too much on the third R: recycle. A repair café refocuses our attention to reusing and refurbishing household items, and it allows participants to learn basic repair skills. Enlist the help of some tech wizards and handy people in the community, then put ads in the local newspaper or spread the word through Facebook. "Fixers can repair computers, toasters, lamps, chairs, clothes, jewellery, books and more," says Coulter. "It's one way neighbours can help neighbours keep things out of the landfill and shift us from a throwaway to a fix-it society."



"Engaging with your school as a unit of community is pretty powerful," says Severn. Her own mother started a greening committee at Severn's elementary school, which, at the time, featured a concrete yard. With the committee, she started a butterfly garden and got the kids to help with planting. Now, Severn is on the parent advisory committee of her child's school, where she can work with teachers and other parents to help make the school better.



Host a clothing swap

Gather your neighbours, coworkers and friends to trade their gently used clothes with someone else's for a wardrobe refresh. A swap is a great way to pass along kids' items, and anything that's left over can be donated to charity. "It's a simple way to keep textile waste out of the landfill and to fashionably embrace 'reduce, reuse and recycle,' " says Coulter.



"We live in a way that doesn't allow us to see our exquisite dependence on nature for our health and well-being." – DAVID SUZUKI

Get groceries straight from the farm

Sign up for community-supported agriculture (CSA), in which you invest money in a farm. As a kind of shareholder, you reap rewards when the farm succeeds and you get fresh produce each week. Just search online for a CSA in your area. Online directories such as csafarms.ca (Ontario), acornorganic.org (Atlantic Canada) and csamanitoba.org (Manitoba) help you find a farm near you. Taking this easy step will "get you one step closer to the farmer who grows your food," says Coulter. You'll not only help support local farmers but also gain a greater connection to your food.

Plan an outdoor project

There are all kinds of ways to clean up your community. Coulter suggests

taking advantage of organizations that help you create your own local program; for example, registering for the Great Canadian Shoreline Cleanup (shorelinecleanup.ca) or with Nature Watch (naturewatch.ca), an organization that gets everyday Canadians involved in environmental study by gathering local data for scientific research. "Listen for frog calls, record flowering time and monitor worms to help foster understanding of global warming," says Coulter.

GREEN COACHING

Paying It Forward

In 2011, Melanie Smith won a green-living makeover from Canadian Living. As Melanie's prize, Lindsay Coulter, the David Suzuki Foundation's Queen of Green, visited her St. Albert, Alta., home, where Coulter helped her and her family reevaluate their cleaning supplies, cosmetics, food preparation and energy usage from an environmentally conscious perspective. "Small changes to everyday things had a big impact," says Melanie. "It changed our lives."

The experience was so positive that Coulter decided to offer green coaching to more families across Canada by training everyday Canadians to be coaches who, in turn, offer their neighbours lessons. Melanie became one of those coaches. "There's a



stigma that green living takes a lot of time and money, but if I can do it, anybody can," she says. "We didn't have a lot of time to spend; we didn't have extra money for solar panels or electric vehicles. But with a bit of education, it's easy." The program has reached 250 families across Canada so far. Interested in joining? Sign up for the Queen of Green newsletter at davidsuzuki.org.



"I was taught that where you are is where you should make a difference.

Don't look for a better school or place to live. Make yours better."

- SEVERN CULLIS-SUZUKI

CANADIAN LIVING COOKS WITH KRAFT

Your Bite, Your Way!

66 It's tough to watch my youngest get left out of his older brother's bigkid activities, so we make this special treat together. I like to add sunflower seeds and dried blueberries; the chocolate chips are for Liam. 99

- JENN GRUDEN, Senior Web Editor

WEEKEND TREAT PEANUT BUTTER SNACK BITES

HANDS-ON TIME: 15 minutes TOTAL TIME: 45 minutes MAKES: about 13 bites

1 cup large-flake rolled oats ½ cup **Kraft** Smooth Peanut

Butter

1/3 cup dried blueberries 1/3 cup mini chocolate chips

¼ cup liquid honey

2 tbsp shelled sunflower seeds

MIX together oats, peanut butter, blueberries, chocolate chips, honey and sunflower seeds in large bowl.

CHILL until firm, about 30 minutes.

ROLL by 2 tbsp into balls.

PER BITE: about 149 cal, 4 g pro, 8 g total fat (2 g sat. fat), 19 g carb (2 g dietary fibre, 11 g sugar), 0 mg chol, 41 mg sodium, 60 mg potassium. % RDI: 1% calcium, 6% iron, 2% vit C, 8% folate.

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FRAME THE VIEW The contrast between the unpainted window frames and the white walls draws the eye to the spectacular scenery outside. "It turns the windows into more of a focal point than they were before," says Alcorn. Jo Alcorn. "The view becomes the art designer piece within the room." Pick toss cushions that have removable covers-you can pop them into the wash as needed! **BANISH THE BRICK** The brick-faced corner behind the fireplace was gloomy, despite being surrounded by windows. This

KEEP THE CONVERSATION GOING

New streamlined sofas replaced the old overstuffed models, but otherwise, the living-room layout remains the same. "The homeowners entertain all summer, so they wanted a conversation area," says Alcorn. "Having the sofas face-to-face is the perfect arrangement for that—and a better use of the space because they provide more seating than chairs would."

DON'T THROW IT OUT

"You never want to dispose of furniture that's still in good shape," says Alcorn, who suggests subsidizing a living-room refresh by selling previously loved pieces at a yard sale or online through Kijiji. If you can't wait for a potential buyer, consider donating to the Habitat for Humanity ReStore, a local furniture bank or a thrift store.

AMORTIZE THE INVESTMENTS

It was important to select big-ticket items that, in 10 years, would still look as good as they did on the showroom floor. The sofas' textured oatmeal-colour upholstery not only helps camouflage the beach sand that inevitably ends up in the living room but also serves as a blank canvas. "It's an all-season cottage, so I chose a colour that would work in the summer but still have a cozy feel for the winter months," says Alcorn. "The homeowners can change the look seasonally with budget-friendly pillows." Design, whitewashco.ca. Sofas, floor lamps, coffee table, side tables and chair, mirens.com. Pillows, homesense.ca.

The brick-faced corner behind the fireplace was gloomy, despite being surrounded by windows. This eyesore all but disappeared when Alcorn painted on a few coats of conventional white latex paint. "You've got to give brick a good brushing-down before you start, but after that, painting it is business as usual," she says. While Alcorn used a bristle paintbrush to reach all of the cracks and crevices, that's not your only option. "If you want a more rustic look, you can go over the brick with a paint roller," says Alcorn.

MAKE SPACE FOR NEW STUFF! FOR TIPS ON HOW TO HOST A SUCCESSFUL YARD SALE, CHECK OUT canadianliving.com/yardsale.

68 CANADIANLIVING.COM | JULY 2015





The 2015 Patio Collection. Versatile, stylish furniture and accessories so you can create your own perfect backyard.







WHAT THE PROS KNOW

"Before arranging woody cuttings in a water-filled tall vase, cut the stems on a 45-degree angle, then split them about two inches from the base. They'll drink more freely—and stay fresh a lot longer!"

– BRETT WALTHER, HOME & GARDEN DIRECTOR

Whitewash the issue

Frustrated with her futile search for a goes-with-everything white paint, Alcorn designed her dream shade for Para Paints: the eponymous Jojo Whitewash, which remains her go-to neutral. Some shades of white have an undertone that can look dirty next to other colours in the room, she says. "This one has a true clean white base."

Jojo Whitewash PF17, para.com.

Stuck on neutrals?

If white walls are too stark a canvas for your living room, consider another of Alcorn's no-fail neutrals. Each one is a stylish step up from builder's beige!

> Trendsetting Style P5220-24, para.com.

Gray Owl OC-52, benjaminmoore.ca.

November Rain 2142-60, benjaminmoore.ca.

WE REVEAL THE BEST PAINT COLOURS FOR EVERY ROOM IN YOUR HOUSE AT canadianliving.com/roomcolours.









white onionpatterned platter was a gift from an elderly friend. I've seen plates and a smaller platter in a similar design but never one this size: It's 25½ inches long and 121/2 inches wide." - Trudi W., Niagara-on-the-Lake, Ont.



This bulb pattern was developed by the **Meissen** factory in Dresden, Germany, circa 1740. Modelled closely after a Chinese porcelain pattern featuring fruits that would have been exotic in Saxony, the so-called "onions" are not onions at all; they're most likely artistic interpretations of pomegranates and peaches. The pattern has been in production—and copied by many other European factories—ever since. Unfortunately, some of those other factories also copied Meissen's crossed-swords mark—the blue intersecting lines on the reverse of your plate. **If it is a real Meissen piece, your fish plate, which looks to be good**

quality and appears to have been made circa 1900, would be worth \$200. This pattern was so popular and made in such large quantities, more pieces can easily be found for sale on the Internet, at auction and even in charity shops. Buy them individually to build a stunning set.



Judith Miller, antiques expert



"My father-in-law bought this clock at a garage sale in the 1970s, and it still works, provided you wind it every other day! There's a paper on the rear that reads, 'Ansonia Clock Co., Prize Medal Awarded, Paris Exposition, 1878.'"

— Debbie V., Mississauga, Ont.

Founded in Ansonia, Conn., the Ansonia Clock Company was one of the major 19th-century American clock manufacturers. It produced millions of clocks in the period between 1850 (its year of incorporation) and 1929 (the year the company went into receivership and sold its remaining assets to Soviet Russia). Your clock is the Vinton cabinet clock, made at the company's New York factory between 1900 and 1915. The case is oak, and the dial has a cream-colour fired-enamel chapter ring with Roman numerals and a brass-embossed cutout centre. The winding mechanism originally had an eight-day spring-wound movement, which would strike the hours and half-hours on a coiled gong. Depending on your sentimental attachment to the piece, you could have the mechanism repaired, but it would cost more than the clock's worth (\$200 to \$350).

"My late grandmother received this vase as a wedding gift. 'R. Lalique France' is etched into the base."

— Linda G., Toronto

René Lalique started his career as a jeweller but was best known for his creations in glass art. In the 1920s, he became noted for his work in the art deco style, with many of his jewellery pieces and vases showcasing plants, flowers and flowing lines. Nowadays, the great problem with Lalique is the number of fakes on the market. His glass was so desirable at the time that many factories in France and Bohemia produced copies—complete with the Lalique mark! From the look of it, yours is probably genuine Lalique, in which case, it is the 1935 Avalon opalescent vase decorated with birds, vines and berries. In a specialist 20th-century glass sale, it's worth a conservative \$4,000 to \$5,000. Lalique prices are still very buoyant with new collectors coming into the market. I would say this is a keeper!

FOR MORE ADVICE ON HOW TO HUNT DOWN HIGH-QUALITY ANTIQUES, CHECK OUT canadianliving.com/antiquesguide.





This is indeed known as **Mary Gregory** glass, but the term indicates a style of glass rather than a manufacturer—and, even then, it's a bit of a misnomer. Although Mary Gregory did work for the Boston and Sandwich Glass Company during the 1880s, she actually painted landscapes, not the scenes of Victorian children that are now associated with her name. These painted and enamelled children could be flying kites, blowing bubbles or simply playing, and they're dressed in typical Victorian "Sunday best" clothes. Although scenes of babies crawling in Victorian nurserywear are the most sought-after, values are also affected by the colour of the glass, with clear being least valuable, and increase (in order) with amethyst, dark green, light green, amber, light blue, turquoise, cobalt blue, ruby and, finally, cranberry. Your light green Mary Gregory decanter is Bohemian, possibly from the Hann Factory at Gablonz (which is now in the Czech Republic)

circa 1880-90, and worth \$80.



TWO OF A KIND

To see if an antique glass decanter and stopper are an original set, look for matching numbers etched onto their bases.

"I bought this armchair for \$80 on Kijiji. It looks

on Kijiji. It looks
like it has been
reupholstered
several times,
and there are
remnants of
gold paint on
the underside."

– Miranda R., Edmonton

This is an early-1900s provincial chair loosely based on a Louis XVI-style parlour chair. It would've been made by a country craftsman copying illustrations of a grander chair, and it might have been gilded or gold-painted to make it look more like its archetype. It was made for comfort rather than showiness, and \$80 is a modest price for such a functional piece. You could double your money by reselling, but I'd be tempted to keep it and update the upholstery with a striking modern fabric. Many people choose to give this type of chair a distressed off-white or grey milkpaint finish. Because the chair is never going to be worth a lot, I'd recommend using foam rather than a more traditional stuffing like horsehair, which is much more expensive.



To DIY or not to DIY?

If you're restoring an antique piece of furniture, how do you know when it's best to hire a professional and when it's safe to do it yourself? The golden rule is to look for handcraftsmanship. If the item is beautifully carved and has good-quality veneers, exotic timbers or dovetail joints, then take the professional restoration route. If it's mass-produced with glued joints, you probably aren't going to harm its value by giving it a shabby-chic look with a coat of milk paint. Even painted antiques can be candidates for a DIY paint update. Ninety-five percent of the time that people tell me their antique painted furniture still has its original coat of paint, they're wrong. That's what painted furniture was all about—as soon as it got a bit scruffy or you wanted to change the look, you repainted it!

"I recently bought this silver serving set at a Toronto antiques store. There's a pineapple in the centre of each spoon's bowl, and the handles are stamped with 'Sheffield, England,' along with what looks like 'EPNS.'" – Helen B., Toronto

I'm always fascinated by the pineapple motif. To the indigenous people whom Christopher Columbus encountered on the islands now known as Guadeloupe, the pineapple symbolized hospitality. After Columbus returned home with the succulent fruit in 1493, this symbolism spread to Europe, then to colonial North America, where it became customary to carve the shape of a pineapple into the columns located at a plantation's entrance. Your serving set—which is lovely quality and beautifully embossed-would have had its own fitted case and was probably "kept for best." EPNS is electroplated nickel silver and not, as a disappointed client once believed, English pure natural silver. This tells us the set is late Victorian, silver-plated and worth \$100 to \$150.

RECOMMENDED READING



Miller's Antiques
Handbook & Price Guide
(Mitchell Beazley, 2013)
is the definitive resource
for antiques hunters
around the world.

THE PAL OF THE ROAD FOR GRIME.

HIS MAGIC ERASER SCRUBS AWAY THE TOUGHEST GRIME WITH EASE.









FOR RIMS + INTERIOR + GLASS

Wet before use. Not recommended for vehicle body, high gloss or upholstered surfaces. Use as directed.







MEDINILLA Medinilla

ALSO CALLED

Malaysian grapes SIZE Ranging from 24 to 36 inches (60 to 91 cm) high or larger

FOLIAGE Broad deep green leaves with pleats

OTHER ATTRIBUTES

Wonderful grapelike clusters of pink flowers throughout autumn and winter, followed by purple nonedible berries

EXPOSURE South is best; east or west also works

WATER REQUIREMENTS

Very thirsty

RATE OF GROWTH Slow SOIL TYPE Rich, humusy potting soil with compost included FERTILIZING Early spring to late autumn

ISSUES Drinking habit can be a deal-breaker if you're not home

COMPANIONS This is a standalone specimen, but begonias, nerve plants, orchids and prayer plants might grow in tandem



NERVE PLANT

Fittonia

ALSO CALLED Mosaic plant, rattlesnake plant, silver net plant SIZE Creeps along the soil surface

FOLIAGE Bronze with white or red veins

OTHER ATTRIBUTES

Makes a good ground cover below other plants; terrarium-worthy

EXPOSURE East, west or south; might endure north

WATER REQUIREMENTSKeep soil moderately moist

RATE OF GROWTH
Medium

SOIL TYPE Rich, humusy, peaty potting soil with compost included

FERTILIZING Early spring to late autumn

PROPAGATION Easily rooted by cuttings; runners will have roots and can be detached

ISSUES Will wilt, but revives readily; if you forget to water often, it might get aphids

COMPANIONS Great for underplanting beneath a low-light-loving treelike plant such as ficus, Norfolk Island pines, ponytail palms, prayer plants, scheffleras and tradescantia; good with begonias in a separate container

PEACE LILY

Spathiphyllum

SIZE Ranging from 15 to 20 inches (38 to 50 cm) high **FOLIAGE** Dark green initiating from the base

OTHER ATTRIBUTES

Profuse white jack-in-thepulpit-like flowers

EXPOSURE East or west
WATER REQUIREMENTS

Can wilt if you forget to water RATE OF GROWTH Medium SOIL TYPE Humusy potting soil with compost included FERTILIZING Early

spring to late autumn

ISSUES Can be prone to leaf diseases if stressed by continual wilting COMPANIONS Aglaonemas,

COMPANIONS Aglaonemas, begonias, crotons, dracaenas, ferns, ficus, ivies, mosses, polka dot plants, nerve plants and peperomias

ZZ PLANT

Zamioculcas zamiifolia

SIZE Ranging from 15 to 36 inches (38 to 91 cm) high FOLIAGE Fat, juicy stems lined with shiny, rounded leaves; very tidy

OTHER ATTRIBUTES

No flowers, but bulletproof **EXPOSURE** East or west

WATER REQUIREMENTS

Keep soil lightly moist but not soggy

RATE OF GROWTH Slow SOIL TYPE Good potting soil with compost included FERTILIZING Early spring

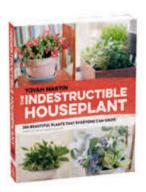
to late autumn

ISSUES Slow to form a good-looking plant

COMPANIONS Ferns,

ficus, mosses, prayer plants, rhipsalis, sansevierias and tradescantia

DID YOU KNOW THAT PEACE LILIES CAN HELP ELIMINATE INDOORAIR POLLUTANTS LIKE FORMALDEHYDE? WE COUNT DOWN THE SEVEN MOST POWERFUL AIR-PURIFYING PLANTS AT canadian living.com/indoorair.



Excerpted from The Indestructible Houseplant: 200 Beautiful Plants That Everyone Can Grow © Copyright 2015 by Tovah Martin, photographs by Kindra Clineff. Published by Timber Press, Portland, Ore. Used by permission of the publisher. All rights reserved.

IN THE HOME STRETCH

Your spring cleaning is almost complete—the last step is to get those outdoor spaces ready. You'll need a paper towel that has the stretch, strength and flexibility to tackle winter grime and gardening muck. Put Viva towel's stretch to the test on every mess, then get outside and enjoy!



▼PATIO FURNITURE

Who says cleaning has to be tricky? Viva towel's V-Flex Weave Technology + water + dishwashing detergent = shiny, good-as-new patio furniture!





Dear Viva,

We were excited to host our first outdoor party of the year, but our backyard was looking worse for wear. Before inviting guests over we decided to spruce up the patio and jump into gardening. We picked up some Viva to get things done, and you were definitely the right towel for the job! Your stretch, strength and absorbency helped get us out of even the messiest of messes. We can't wait to spend time outside now... with some Viva nearby to catch any spills, of course! Sincerely,

Grace

Backyard Enthusiast



PAW PRINTS >

A wet garden and a playful dog make for one messy combo. Muddy paw prints are no match for Viva towel's stretch and durability. Do your worst, rainy days!



Our flowers looked great after a day of gardening, but the pots and planters were pretty dirty. Viva towel's stretch and scrubbing power was so remarkable that we only needed one sheet to bring our containers back to life!



PUT STRETCH TO THE TEST ON ALL YOUR MESSES.
STRETCH YOUR SAVINGS AT VIVATOWELS.CA

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FOOD

CANADA DAY DESSERTS, P. 91

MAKE-AHEAD WEEKEND MENU, P. 101



PHOTOGRAPHY, JEFF COULSON. FOOD STYLING, DAVID GRENIER. PROP STYLING, LAURA BRANSON





"Our special method of mixing broth and bread crumbs is what sets this burger apart. This keeps these wide patties moist and prevents them from shrinking on the grill—meaning you get a bit of juicy beef with every bite of bun." – ANNABELLE WAUGH, FOOD DIRECTOR

THE ULTIMATE BURGER 🖾 💩

Hands-on time: 20 minutes Total time: 25 minutes Makes: 6 burgers

1cup fresh bread crumbs % cup sodium-reduced beef broth 450 g medium ground beef 450 g ground sirloin

450 g ground sir ½ tsp salt

1/4 tsp pepper

6 buns (hamburger, pretzel or pain au lait), split and toasted

In bowl, mix bread crumbs with broth; let stand for 5 minutes.

In large baking dish, add beef and sirloin; sprinkle with bread crumb mixture, salt and pepper. Mix gently just until combined and no streaks of bread crumb mixture are visible (do not overmix).

Shape into six 5- x ½-inch (12 x 1 cm) patties. (Make-ahead: Layer between parchment paper in airtight container; refrigerate for up to 24 hours.)

Place on greased grill over medium-high heat; close lid and grill, turning once, until instant-read thermometer inserted sideways into patties reads 160°F (71°C), about 8 minutes. (Alternatively, cook patties in grill pan or skillet with up to 2 tsp olive oil over medium-high heat, turning once.) Serve in buns.

PER BURGER: about 416 cal, 34 g pro, 18 g total fat (7 g sat. fat), 28 g carb (1 g dietary fibre, 4 g sugar), 80 mg chol, 611 mg sodium, 388 mg potassium. % RDI: 8% calcium, 34% iron, 27% folate.

CHANGE IT UP

Shape beef mixture into six 3½- x 1-inch (9 x 2.5 cm) patties. Place on greased grill over medium-high heat; close lid and grill for 7 minutes. Turn patties and reduce heat to medium; close lid and grill until instant-read thermometer inserted sideways into patties reads 160°F (71°C), about 7 minutes. (Use smaller buns for these thicker patties.)



Stirring the beef mixture together in a baking dish rather than a bowl allows you to evenly season the

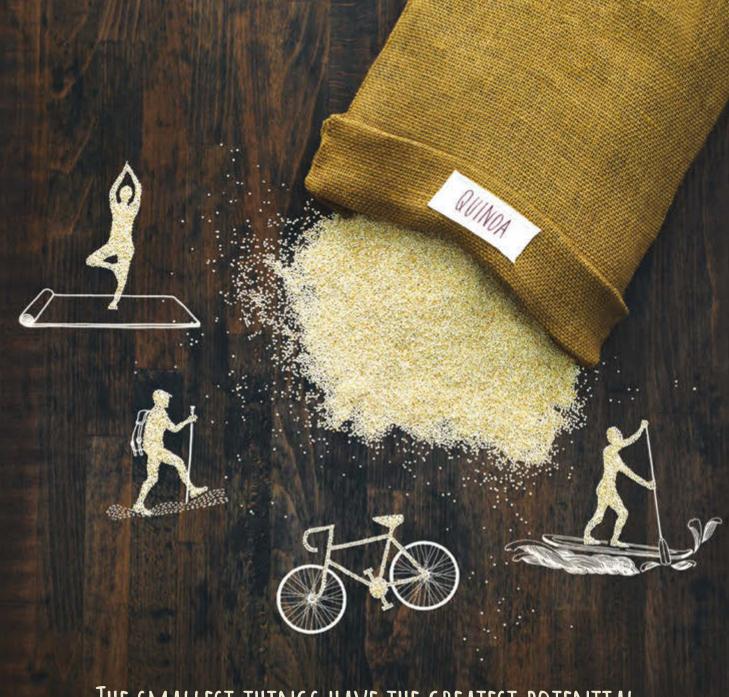
meat without handling it too much. For the most tender burgers, it's best not to overmix.



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PHOTOGRAPHY, JEFF COULSON. FOOD STYLING, DAVID GRENIER. PROP STYLING, CAROLYN SOUCH/JUDYINC.COM



CHEESY PORTOBELLO AND FGG "BURGERS" 💩 🧭

Hands-on time: 15 minutes Total time: 15 minutes Makes: 2 servings

Hearty mushrooms make these breakfast sandwiches a scrumptious meatless alternative to the classic sausage-and-egg combo. You can always swap the English muffins out for whole wheat ones, or even skinny pitas, if that's what you have on hand.

portobello mushrooms, stems and gills removed

2tsp olive oil

eggs

pinch each salt and pepper 2 tbsp soft herb-and-garlic cheese

(such as Boursin)

English muffins, split and toasted

Brush tops of mushrooms with half of the oil. Place, stem sides down, on baking sheet. Bake in 450°F (230°C) oven until tender, about 7 minutes.

Meanwhile, in nonstick skillet, heat remaining oil over medium heat; crack eggs into skillet. Cook, breaking yolks, until whites are set yet yolks are still soft, about 3 minutes, or until desired doneness. Sprinkle with salt and pepper.

Spread cheese over cut sides of muffins; divide mushrooms and eggs between 2 halves. Sandwich with remaining halves.

PER SERVING: about 332 cal, 14 g pro, 17 g total fat (7 g sat. fat), 32 g carb (3 g dietary fibre, 4 g sugar), 195 mg chol, 405 mg sodium, 494 mg potassium. % RDI: 13% calcium, 26% iron, 14% vit A, 2% vit C, 46% folate.



PEANUT BUTTER AND BANANA FRENCH TOAST SANDWICHES 💋

Hands-on time: 15 minutes Total time: 15 minutes Makes: 2 servings

French toast isn't just for weekends anymore—these little wonders come together quickly enough for a busy work or school morning. If you like, serve with a small dipping bowl of maple syrup for extra sweetness.

2 eggs 1/4 cup milk dash vanilla

2 tbsp crunchy peanut butter slices (3/4-inch/2 cm thick) cinnamon-raisin bread

banana, cut in 1/4-inch (5 mm) thick slices

1tsp butter

In shallow dish, whisk together eggs, milk and vanilla; set aside.

Spread peanut butter over 1 side of 2 of the bread slices; arrange banana slices evenly over peanut butter. Sandwich with remaining bread. Dip sandwiches into egg mixture, turning to coat; discard any remaining egg mixture.

In nonstick skillet, melt butter over medium heat; cook sandwiches, turning once, until light golden and peanut butter is runny, about 4 minutes per side.

PER SERVING: about 456 cal, 16 g pro, 18 g total fat (5 g sat. fat), 63 g carb (6 g dietary fibre, 15 g sugar), 134 mg chol, 475 mg sodium, 592 mg potassium. % RDI: 10% calcium, 24% iron, 10% vit A, 7% vit C,







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New Size. Cream Cheese Product.



BREAKFAST BURRITOS &

Hands-on time: 25 minutes **Total time:** 25 minutes **Makes:** 2 servings

Wrapping creamy avocado, spicy sausage and hearty eggs in a crispy tortilla makes for the best portable gourmet breakfast. Serve with sour cream and extra salsa.

- 1 hot Italian sausage (about 100 g), casing removed
- 2 green onions, thinly sliced
- 3 eggs, lightly beaten

half ripe avocado, peeled, pitted and mashed

2 large (9 inches/23 cm) soft flour tortillas

1/4 cup shredded Monterey Jack cheese

2 tbsp salsa ½ tsp olive oil

In nonstick skillet, cook sausage over medium heat, breaking up with spoon, until no longer pink inside, about 3 minutes. Add green onions; cook, stirring occasionally, until softened, about 3 minutes. Add eggs; cook, stirring, just until softly set, about 2 minutes. Scrape onto plate; wipe out skillet.

Spoon avocado evenly down centres of tortillas. Spoon sausage mixture over avocado; top with Monterey Jack and salsa. Fold up bottoms of tortillas; fold in sides and roll up. Brush with oil. Heat nonstick skillet over medium heat; add burritos and cook, turning once, until golden, about 7 minutes.

PER SERVING: about 506 cal, 25 g pro, 31 g total fat (9 g sat. fat), 34 g carb (5 g dietary fibre, 2 g sugar), 308 mg chol, 978 mg sodium, 564 mg potassium. % RDI: 15% calcium, 26% iron, 20% vit A, 12% vit C, 67% folate.

Fresh Start

Kick off your day on the savoury side with a satisfying breakfast sandwich that's loaded with fresh veggies and protein-rich eggs.

BY THE CANADIAN LIVING TEST KITCHEN



GARDEN FRESH BREAKFAST PITAS

HANDS-ON TIME: 20 minutes TOTAL TIME: 20 minutes MAKES: 2 servings

You can swap out the zucchini for other vegetables you have on hand—such as chopped sweet peppers, broccoli or mushrooms—but steer clear of anything too watery, like fresh tomatoes.

1tsp olive oil

1 cup diced zucchini (about 1 small) green onions, thinly sliced 2 tbsp chopped drained oil-packed

sun-dried tomatoes

chopped fresh thyme ½ tsp pinch each salt and pepper

eggs, beaten

2 mini whole wheat pitas (4½ inches/11 cm)

Dijon mustard 2 tsp

In nonstick skillet, heat oil over medium heat; cook zucchini, stirring occasionally, until softened, about 5 minutes. Stir in green onions, sun-dried tomatoes, thyme, salt and pepper. Cook, stirring occasionally, until green onions are softened, about 2 minutes.

Add eggs to pan; cook, stirring, just until softly set, about 5 minutes.

Meanwhile, using tip of sharp knife, cut 4-inch (10 cm) opening in edge of each pita; toast pitas. Spread mustard over insides of pitas; fill with egg mixture.

PER SERVING: about 288 cal, 15 g pro, 13 g total fat (3 g sat. fat), 32 g carb (5 g dietary fibre, 4 g sugar), 274 mg chol, 432 mg sodium, 482 mg potassium. % RDI: 7% calcium, 24% iron, 23% vit A, 28% vit C, 38% folate



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Joins



Sorbet Tropical Wave

Introducing Lemoncello and Tropical Wave Sorbet, and the Lady Bug Sorbet Bar from Chapman's.







Sweet, eh

Delicious new twists on your favourite all-Canadian desserts.

BY RHEANNA KISH & THE TEST KITCHEN

Use a maple leaf-shaped cookie cutter after you've fried the bannock dough. **Cherry-Berry Bannock Shortcakes With Maple** Toffee Sauce, p. 96

PHOTOGRAPHY, JAMES TSE. FOOD STYLING, MICHAEL ELLIOTT/JUDYINC.COM. PROP STYLING, JENNIFER EVANS

JULY 2015 | CANADIANLIVING.COM







MAPLE-GLAZED DOUGHNUT BUNDT CAKE 6 Ø

Hands-on time: 30 minutes Total time: 21/2 hours Makes: 12 to 16 servings

This moist cake tastes like a blend of two of our country's most-loved doughnut flavours: sour cream and maple-glazed.

Cake:

butter, softened 1cup 1½ cups granulated sugar eggs, separated 1/4 cup sour cream 11/2 tsp maple extract 3 cups all-purpose flour 2tsp baking powder ½ tsp 1/4 tsp baking soda buttermilk 1cup 3 tbsp maple syrup

warm water

Maple Glaze:

maple syrup 3 tbsp maple extract 1tsp 1cup icing sugar

Cake: In large bowl, beat butter with 1 cup of the sugar until fluffy. Beat in egg yolks, 1 at a time. Beat in sour cream and maple extract. In separate bowl, whisk together flour, baking powder, salt and baking soda. Stir into butter mixture, alternating with buttermilk, making 3 additions of flour mixture and 2 of buttermilk, to make stiff batter.

In separate bowl, using clean beaters, beat egg whites until soft peaks form. Beat in remaining sugar, 1 tbsp at a time, until firm glossy peaks form. Fold one-third of the egg white mixture into batter; fold in remaining egg white mixture. Scrape into greased and floured 10-inch (3 L) Bundt pan, smoothing top.

Bake in 350°F (180°C) oven until cake tester inserted in centre comes out clean, 40 to 50 minutes. Let cool in pan for 20 minutes. Using tip of knife, loosen edge of cake from pan. Invert rack over pan; turn cake out onto rack and remove pan.

Slide sheet of foil or waxed paper under rack (to keep work surface clean). Mix maple syrup with warm water; brush all over cake. Let cool completely.

Maple Glaze: In bowl, mix maple syrup with maple extract; stir in icing sugar to make thick pourable glaze, adding up to ½ tsp water, a little at a time, to reach desired consistency. Pour over cake. Let stand until set, about 15 minutes. (Make-ahead: Store in airtight container for up to 24 hours.)

PER EACH OF 16 SERVINGS: about 343 cal, 5 g pro, 14 g total fat (8 g sat. fat), 49 g carb (1 g dietary fibre, 31 g sugar), 81 mg chol, 244 mg sodium, 94 mg potassium. % RDI: 6% calcium, 10% iron, 13% vit A, 20% folate.

1tbsp



Dinner for two, brunch with a friend, afternoon tea. With a vibrant blue color and ornamental fretwork, our Neely Bistro Set makes a celebration of moments big and small. Also worth celebrating? Neely's aluminum frame is both lightweight and corrosion-resistant—perfect for impromptu outdoor entertaining.

Diel 181

BUTTER TART ICE CREAM & Ø

Hands-on time: 45 minutes Total time: 61/2 hours Makes: about 4 cups

Chunks of buttery shortbread and a sweet butterscotch ripple make this ice cream taste just like Canada's favourite tart. If you like raisins or pecans in your butter tarts, swirl a small handful into the ice cream when you add the butterscotch and the cookies.

6 egg yolks % cup granulated sugar 1% cups whipping cream (35%)

1½ cups milk 1tsp vanilla

3/4 cup packed dark brown sugar

⅓ cup butter

34 cup chopped shortbread cookies

In heavy-bottomed saucepan, whisk egg yolks with granulated sugar until combined. Whisk in 1½ cups of the cream, the milk and vanilla. Cook over medium heat, stirring frequently, until thick enough to coat back of spoon and distinct trail remains after finger is drawn across back of spoon, 10 to 15 minutes (do not boil).

Strain through fine-mesh sieve into 9-inch (2.5 L) square cake pan; place plastic wrap directly on surface of custard. Refrigerate until chilled, about 1½ hours. (Make-ahead: Refrigerate in airtight container, with plastic wrap directly on surface, for up to 24 hours.)

While custard is chilling, in saucepan, cook brown sugar and butter over medium heat, stirring, until butter is melted and brown sugar is dissolved, about 4 minutes. Stir in remaining cream. Scrape into heatproof bowl; let cool to room temperature, about 1½ hours.

Process custard in ice cream machine according to manufacturer's instructions. Spoon one-third of the ice cream into large airtight freezer-safe container; drizzle with one-third of the brown sugar mixture and sprinkle with one-third of the cookies. Using tip of knife, swirl together. Repeat layers twice, swirling between each. Freeze until firm, 4 to 6 hours.

PER ½ CUP: about 497 cal, 5 g pro, 33 g total fat (18 g sat. fat), 47 g carb (trace dietary fibre, 41 g sugar), 237 mg chol, 150 mg sodium, 159 mg potassium. % RDI: 12% calcium, 7% iron, 34% vit A, 14% folate.







ON THE COVER

CHERRY-BERRY BANNOCK SHORTCAKES WITH MAPLE TOFFEE SAUCE & Ø

Hands-on time: 1 hour Total time: 1 hour Makes: 8 servings

This twist on strawberry shortcake uses sweetened mini versions of bannock, a traditional aboriginal bread, in place of the usual biscuits. The maple-kissed toffee sauce adds an extra Canadian touch.

Maple Toffee Sauce:

3 tbsp butter

1/₃ cup packed brown sugar

3 tbsp whipping cream (35%)

3 tbsp maple syrup

1tsp maple extract

pinch salt

Bannock Biscuits:

2 cups all-purpose flour (approx)

2 tbsp granulated sugar

1 tbsp baking powder ½ tsp salt ½ cup milk 1tsp vanilla

vegetable oil for frying

Filling:
2 cups sweet cherries, pitted and halved
2 cups strawberries, hulled and quartered
1 cup raspberries

1tbsp granulated sugar % cup whipping cream (35%)

½tsp vanilla

Maple Toffee Sauce: In small saucepan, melt butter over medium heat; add brown sugar, stirring until smooth and melted. Stir in cream; bring to boil. Cook, stirring, until colour deepens slightly and sauce is thick enough to generously coat back of spoon, about 3 minutes. Remove from heat; stir in maple syrup, maple extract and salt until smooth. Let sauce cool completely.

Bannock Biscuits: While sauce is cooling, in bowl, whisk together flour, sugar, baking powder and salt. Make well in centre; pour in milk, vanilla and ½ cup water. Using fork, toss together just until soft and slightly sticky dough forms.

If necessary, add more flour, 1 tbsp at a time, to reach desired consistency.

Turn dough out onto floured work surface; using floured hands, press out to ½-inch (1 cm) thickness. Using 2¾-inch (7 cm) square cutter, cut out 8 shapes, rerolling scraps as necessary.

In cast-iron or heavy-bottomed skillet, add enough oil to thinly coat bottom; heat over medium-low heat until oil shimmers. Working in batches, fry dough, turning once, until puffed, golden and tip of knife inserted in centres comes out clean, about 6 minutes. Using slotted spoon, remove biscuits to paper towel-lined plate to drain; let cool.

Filling: While biscuits are frying, in bowl, toss together cherries, strawberries, raspberries and sugar. Let stand for 20 minutes.

In separate bowl, beat cream with 1 tbsp of the Maple Toffee Sauce until stiff peaks form. Whisk in vanilla.

Assembly: Halve biscuits horizontally; spoon cherry mixture and whipped cream over bottom halves. Drizzle with half of the remaining Maple Toffee Sauce. Replace top halves of biscuits; drizzle with remaining Maple Toffee Sauce.

PER SERVING: about 485 cal, 6 g pro, 29 g total fat (10 g sat. fat), 53 g carb (3 g dietary fibre, 25 g sugar), 48 mg chol, 281 mg sodium, 245 mg potassium. % RDI: 10% calcium, 15% iron, 15% vit A, 35% vit C, 27% folate.

CHANGE IT UP

FAMILY-SIZE CHERRY-BERRY BANNOCK SHORTCAKE **S** Ø

Increase strawberries and cherries to 3 cups each; increase whipping cream in filling to 1¼ cups. Prepare bannock as directed until dough forms; turn out onto floured work surface. Press out to 8-inch (20 cm) circle. In cast-iron or heavy-bottomed skillet, add enough oil to come ¼-inch (5 mm) up side; heat over medium-low heat until oil shimmers. Fry dough, turning once, until puffed, golden and tip of knife inserted in centre comes out clean, about 8 minutes. To assemble, halve bannock horizontally; spoon half of the cherry mixture over bottom half. Top with half of the whipped cream; drizzle with half of the remaining Maple Toffee Sauce. Replace top half of bannock; spoon remaining whipped cream around edge. Spoon remaining cherry mixture over top; drizzle with remaining Maple Toffee Sauce. •



Sometimes food can really speak to kids.

Momo just know.

PHOTOGRAPHY, RYAN SZULC. FOOD STYLING, NICOLE YOUNG. PROP STYLING, MADELEINE JOHARI

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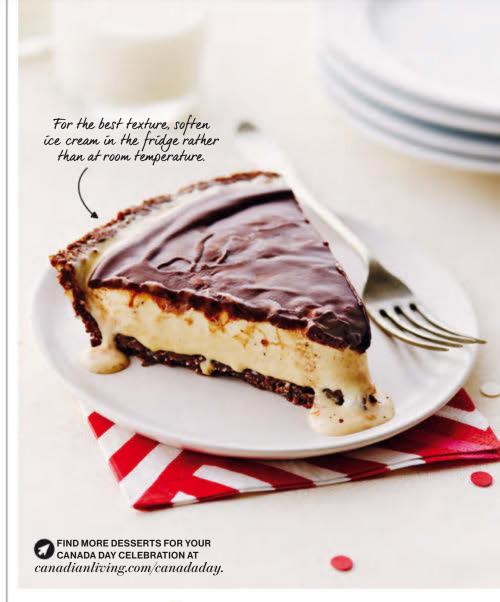


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Engineering What's Next in Outdoor Living"



FROZEN NANAIMO PIE 🥖

Hands-on time: 20 minutes Total time: 2% hours Makes: 8 to 10 servings

We've turned the classic B.C. bar into an easy three-step pie—all without the need of an oven! Custard powder gives softened ice cream the same taste as the bar's signature creamy filling; pour it over a nutty crust and top with ganache for a minimal-effort dessert that wows.

34 cup graham cracker crumbs ⅓ cup sweetened shredded coconut ⅓ cup finely chopped walnuts 1/4 cup cocoa powder 1/4 cup granulated sugar 1/₃ cup butter, melted custard powder (such as Bird's 2 tbsp

4 cups French vanilla ice cream, softened

semisweet chocolate (about 2 oz), 55 g chopped

whipping cream (35%) 1/4 cup

In bowl, stir together graham crumbs, coconut, walnuts, cocoa powder and sugar. Drizzle with butter and stir until combined. Press into bottom and up side of 9-inch (23 cm) pie plate.

Fold custard powder into ice cream; spread over crust, smoothing top. Cover surface directly with plastic wrap; freeze until firm, 2 to 3 hours.

In small saucepan, heat chocolate and cream over medium-low heat, stirring occasionally, until melted and smooth. Let cool for 5 minutes. Spread over top of pie; freeze until firm, about 20 minutes. (Make-ahead: Once firm, cover with plastic wrap and freeze for up to 24 hours.) Let stand for 5 minutes before slicing.

PER EACH OF 10 SERVINGS: about 332 cal, 4 g pro, 21 g total fat (12 g sat. fat), 34 g carb (2 g dietary fibre, 25 g sugar), 47 mg chol, 170 mg sodium, 233 mg potassium. % RDI: 8% calcium, 9% iron, 14% vit A, 6% folate.



To easily cut the pie, run your knife under warm water before slicing; wipe clean between slices.

Canadian Living







exclusive dinner and conversation with Curtis Stone

Canadian Living readers filled Destingo Restaurant in Toronto for a very special dinner with Chef Curtis Stone. Prepared by Chef Stone himself, the three-course meal featured recipes from his new cookbook, Good Food, Good Life, which every guest took home in their gift bag. PHOTOS: CLIFTON TULLY

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START WITH CRACKER BARREL • END WITH AMAZING



Introducing SHREDS



ON THE MENU

FRIDAY DINNER

Lemon and Herb Spatchcock Chicken, p.107 Grilled Parmesan Sweet Corn, p.108 Garlicky Grilled Zucchini and Tomatoes, p.108

SATURDAY LUNCH

Grilled Sausages, p.103 Grilled Peppers and Onions, p.103 Creamy Tortellini Salad, p.103

SATURDAY DINNER

Spice-Rubbed Flank Steak, p.105 Grilled Baked Potatoes With Green Onion Sour Cream, p.105 Grilled Mushroom Skewers, p.105 Bacon and Spinach Salad, p.107

SUNDAY LUNCH

Steak Sandwiches With Avocado Mayo, p. 107 Mixed Bean and Feta Salad, p. 107

TASTE of SUMMER

FOOD STYLING, ASHLEY DENTON. PROP STYLING, LAURA BRANSON

Save time (for more fun!) with our make-ahead weekend menu.

BY AMANDA BARNIER & THE TEST KITCHEN PHOTOGRAPHY BY JEFF COULSON



FRIDAY DINNER

LEMON AND HERB SPATCHCOCK CHICKEN, p. 107 GRILLED PARMESAN SWEET CORN, p. 108 GARLICKY GRILLED ZUCCHINI AND TOMATOES, p. 108









GRILLED SAUSAGES
GRILLED PEPPERS
AND ONIONS
CREAMY TORTELLINI
SALAD





Make-Ahead Plan

Start prepping up to two days before the weekend—you'll have more time with your friends and family!

2 Days Ahead

- Make Creamy
 Dressing for Creamy
 Tortellini Salad
- Make Grilled Peppers and Onions
- Prepare salad for Creamy Tortellini Salad up to makeahead tip
- Bake potatoes for Grilled
 Baked Potatoes With Green
 Onion Sour Cream
- Make Green Onion Sour Cream for Grilled Baked Potatoes

1 Day Ahead

- Make Honey-Mustard Vinaigrette for Bacon and Spinach Salad
- Make Mixed Bean and Feta Salad

 Spatchcock chicken for Lemon and Herb Spatchcock Chicken

Friday Dinner Prep

11/4 HOURS AHEAD

 Grill and carve Lemon and Herb Spatchcock Chicken

30 MINUTES AHEAD

- Make Grilled
- Parmesan Sweet Corn
- Make Garlicky Grilled Zucchini and Tomatoes

Saturday Lunch Prep

- · Cook Grilled Sausages
 - Reheat Grilled
 Peppers and Onions
 - Finish Creamy
 Tortellini Salad

Saturday Dinner Prep

5 HOURS AHEAD

• Season steaks for Spice-Rubbed Flank Steak

15 MINUTES AHEAD

- Finish Spice-Rubbed Flank Steak
- Finish Grilled Baked Potatoes With Green Onion Sour Cream
- Make Grilled

 Mushroom Skewers

JUST BEFORE SERVING

 Finish Bacon and Spinach Salad

Sunday Lunch Prep

Make Steak Sandwiches
 With Avocado Mayo

the oil and sprinkle with half each of the salt and pepper. Toss together red peppers, yellow peppers and remaining oil, salt and pepper.

Place red onion skewers, red peppers and yellow peppers on greased grill over medium-high heat; close lid and grill, turning occasionally, until tender and grill-marked, 10 to 15 minutes. (Makeahead: Refrigerate in airtight container for up to 3 days. Reheat before serving.)

PER SERVING: about 98 cal, 2 g pro, 3 g total fat (trace sat. fat), 17 g carb (3 g dietary fibre, 8 g sugar), 0 mg chol, 101 mg sodium, 374 mg potassium. % RDI: 3% calcium, 6% iron, 19% vit A, 330% vit C, 15% folate.

CREAMY TORTELLINI SALAD & Ø

Hands-on time: 20 minutes Total time: 20 minutes Makes: 6 to 8 servings

The base of this pasta salad is cheese-stuffed tortellini for a creamy texture and extra flavour. Prepare the salad and dressing ahead of time, but don't toss them together until you're ready to serve, otherwise the pasta will absorb too much of the sauce.

Creamy Dressing:

¼ cup light mayonnaise
3 tbsp each extra-virgin olive oil and red wine vinegar
1 tsp each Dijon mustard and liquid honey
¼ tsp pepper
pinch salt

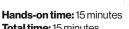
Salad:

can (400 mL) water-packed artichoke hearts, drained, chopped and patted dry ⅓ cup drained oil-packed sun-dried tomatoes, chopped ⅓ cup pitted Kalamata olives. chopped ribs celery, thinly sliced 3 green onions, thinly sliced 2tbsp chopped fresh parsley 700 g fresh cheese-filled tortellini

Creamy Dressing: In bowl, whisk together mayonnaise, oil, vinegar, mustard, honey, pepper and salt. Set aside. (*Make-ahead: Refrigerate in airtight container for up to 3 days.*)

Salad: In large bowl, toss together artichokes, tomatoes, olives, celery, green onions and parsley. (*Make-ahead: Refrigerate in airtight container for up to 3 days.*)

GRILLED SAUSAGES 🔯 💆 🔕



Total time: 15 minutes
Makes: 6 servings
Sausages are packed with

Sausages are packed with flavour and have no need for added seasoning, so they're a low-maintenance main. Serve with Grilled Peppers and Onions (see recipe, right) or on toasted buns with your favourite condiments.

6 honey garlic sausages (about 600 g)

Place sausages on greased grill over medium-high heat; close lid and grill, turning occasionally, until browned and juices run clear when sausage is pierced or instant-read thermometer inserted in centre of several reads 160°F (71°C), about 12 minutes.

PER SERVING: about 212 cal, 15 g pro, 15 g total fat (5 g sat. fat), 5 g carb (1 g dietary fibre, 3 g sugar), 63 mg chol, 630 mg sodium, trace potassium. % RDI: 6% iron.

GRILLED PEPPERS AND ONIONS 🔀 🗷 🔕 💋

Hands-on time: 15 minutes **Total time:** 15 minutes **Makes:** 6 servings

Serve half of these simple grilled veggies with the Grilled Sausages (see recipe, left) for lunch and use the rest as a topping for the Steak Sandwiches With Avocado Mayo (see recipe, page 107). They also make a great addition to salads, breakfast omelettes and frittatas.

red onions
sweet red peppers
sweet yellow peppers
olive oil

salt and pepper

1/4 tsp

Slice red onions crosswise into ½-inch (1 cm) thick rounds. Slice red peppers and yellow peppers crosswise into ½-inch (1 cm) thick rings; remove seeds and trim white veins.

Thread red onions onto metal or soaked wooden skewers; brush with half of



SPICE-RUBBED FLANK STEAK
GRILLED BAKED
POTATOES WITH GREEN
ONION SOUR CREAM
GRILLED MUSHROOM SKEWERS
BACON AND SPINACH SALAD





Hitting the road? Organize your cooler in this order so the food stays fresh.

1. Ice packs

Line the bottom of your cooler with frozen reusable ice packs.

2. Meat

Store frozen raw meat in airtight storage containers or freezer-safe resealable plastic bags and place directly over top of the ice packs. Food-safety note: If meat has thawed by the time you reach your destination, don't refreeze it.

3. Eggs and dairy

Layer eggs, dairy and perishable condiments over the meat. Dressings should be stored in sealed canning jars or plastic containers that won't crush under the weight of your produce.

4. Fruit and veggies

Add firm, heavy produce first, then place easily bruised items, such as delicate fruit, greens and herbs, on top.

5. Beverages

A fully packed cooler stays cold longer, so fill in any gaps with frozen bottles of juice or water, or more ice packs.

6. Nonperishables

Anything that doesn't need to be kept chilled should be packed in bags or crates, saving precious cooler space for food that must stay cold.

In large saucepan of boiling salted water, cook pasta until tender and floating on surface, about 5 minutes. Drain and rinse under cold water; drain well. Add to artichoke mixture. Toss with dressing to coat.

PER EACH OF 8 SERVINGS: about 390 cal, 12 g pro, 16 g total fat (3 g sat. fat), 52 g carb (4 g dietary fibre, 5 g sugar), 20 mg chol, 725 mg sodium, 218 mg potassium. % RDI: 9% calcium, 24% iron, 6% vit A, 18% vit C. 9% folate.

SPICE-RUBBED FLANK STEAK ☎ 🗷 🔕

Hands-on time: 20 minutes Total time: 4½ hours Makes: 12 to 16 servings

Flank steaks are sold in large, relatively thin pieces that cook quickly on the grill. Each steak serves six to eight people, so you don't have to worry about handling several steaks on the grill to feed a crowd. Serve one steak for dinner and save the other for our Steak Sandwiches With Avocado Mayo (see recipe, page 107).

4 cloves garlic, finely grated or pressed

4 tsp grated fresh ginger

4 tsp grated frestrying
4 tsp olive oil

2 tsp each ground coriander, ground cumin and dry mustard

1tsp salt

beef flank marinating steaks (each about 650 g)

In small bowl, stir together garlic, ginger, oil, coriander, cumin, mustard and salt. Set aside.

Using fork, prick steaks all over on both sides. Spread garlic mixture all

over steaks. Place in large resealable plastic bag; seal bag and refrigerate for 4 hours. (Make-ahead: Refrigerate for up to 24 hours.)

Place steaks on greased grill over mediumhigh heat; grill, uncovered, turning at least twice, until instant-read thermometer inserted in centres reads 140°F (60°C), 10 to 12 minutes. Remove to rack and let rest, uncovered, for 5 minutes or until instant-read thermometer inserted in centres reads 145°F (63°C) for mediumrare. (Make-ahead: Refrigerate in airtight container for up to 24 hours.) Thinly slice across the grain.

PER EACH OF 16 SERVINGS: about 145 cal, 19 g pro, 7 g total fat (3 g sat. fat), 1g carb (trace dietary fibre, trace sugar), 39 mg chol, 178 mg sodium, 194 mg potassium. % RDI: 1% calcium, 14% iron, 2% folate.

GRILLED BAKED POTATOES WITH GREEN ONION SOUR CREAM 22 8 0

Hands-on time: 20 minutes Total time: 11/4 hours Makes: 6 servings

Baking the potatoes in the oven first ensures that the centres are fluffy and tender, while a quick turn on the grill lends a crispy finish and smoky flavour.

Potatoes:

3 large baking potatoes (such as russet)

1tbsp olive oil pinch salt

Green Onion Sour Cream:

⅓ cup sour cream

2 green onions, minced

14 tsp pepper

Potatoes: Using fork, prick potatoes all over. Bake in 400°F (200°C) oven, turning once, until tender, 50 to 60 minutes. Set aside until cool enough to handle. (*Make-ahead: Let cool completely; refrigerate in airtight container for up to 3 days.*)

Halve potatoes lengthwise; brush cut sides with oil and sprinkle with salt. Place, cut sides down, on greased grill over medium heat; grill, uncovered, turning once, until grill-marked, about 15 minutes.

Green Onion Sour Cream: While potatoes are cooking, in small bowl, stir together sour cream, green onions and pepper. (*Make-ahead: Refrigerate in airtight container for up to 3 days.*) Serve with potatoes.

PER SERVING: about 208 cal, 5 g pro, 4 g total fat (2 g sat. fat), 39 g carb (4 g dietary fibre, 2 g sugar), 4 mg chol, 27 mg sodium, 982 mg potassium. % RDI: 4% calcium, 14% iron, 2% vit A, 30% vit C, 25% folate.



Don't want to heat your oven? Bake the pricked potatoes on the indirect heat of your grill. Place

on 1 rack of 2-burner barbecue or on centre rack of 3-burner barbecue. Heat surrounding burner(s) to medium-high heat (about 375°F/190°C); close lid and grill, turning once, until potatoes are tender, 50 to 60 minutes.

GRILLED MUSHROOM SKEWERS ☎ 🍪 💋

Hands-on time: 15 minutes Total time: 15 minutes Makes: 6 servings

Meaty mushrooms grill in a flash and complement just about any meal. If you have leftovers, toss them into an •



SUNDAY LUNCH

STEAK SANDWICHES WITH AVOCADO MAYO MIXED BEAN AND FETA SALAD







omelette or salad the next day. Be sure to soak wooden skewers in water for 30 minutes before using so that they don't burn.

2 tbsp butter, melted 1 tbsp olive oil

1tbsp chopped fresh parsleycloves garlic, minced

pinch salt pinch pepper

pkg (each 227 g) cremini

mushrooms

In large bowl, stir together butter, oil, parsley, garlic, salt and pepper. Add mushrooms and toss to coat. Reserving any remaining butter mixture, thread mushrooms onto metal or soaked wooden skewers.

Place on greased grill over mediumhigh heat; grill, uncovered, turning occasionally and brushing with reserved butter mixture, until mushrooms are tender, about 5 minutes.

PER SERVING: about 71 cal, 2g pro, 6g total fat (3g sat. fat), 3g carb (2g dietary fibre, 1g sugar), 10 mg chol, 32 mg sodium, 317 mg potassium. % RDI: 1% calcium, 2% iron, 4% vit A, 2% vit C, 4% folate.

BACON AND SPINACH SALAD 🖙 🗖 🔕

Hands-on time: 30 minutes
Total time: 30 minutes
Makes: 6 servings

Avocado and bacon elevate this simple salad to a special side dish. Baby spinach is a mild and extremely versatile green to have in your fridge—toss it into salads, soups and stews or use it as a topping for sandwiches.

Honey-Mustard Vinaigrette:

2 tbsp cider vinegar
1 tbsp grainy mustard
2 tsp liquid honey
pinch each salt and pepper
1/4 cup extra-virgin olive oil

Salad:

2

6 cups packed baby spinach 6 strips bacon, cooked and chopped

and chopped

avocados, peeled, pitted and sliced

Honey-Mustard Vinaigrette: In small bowl, whisk together vinegar, mustard, honey, salt and pepper. Gradually whisk in oil. Set aside. (Make-ahead: Refrigerate in airtight container for up to 3 days.)

Salad: In large bowl, gently toss together spinach, bacon and avocado. Add vinaigrette and toss gently to coat.

PER SERVING: about 251 cal, 7 g pro, 22 g total fat (4 g sat. fat), 8 g carb (5 g dietary fibre, 2 g sugar), 13 mg chol, 335 mg sodium, 516 mg potassium. % RDI: 4% calcium, 10% iron, 29% vit A, 23% vit C, 47% folate.

STEAK SANDWICHES WITH AVOCADO MAYO 🗷 🔕

Hands-on time: 15 minutes Total time: 15 minutes Makes: 6 servings

Transform leftover Spice-Rubbed Flank Steak (see recipe, page 105) into yummy sandwiches for an easy weekend lunch. Substitute sliced chicken or pork roast for the steak, if that's what you have on hand.

Avocado Mayo:

1 avocado, peeled and pitted 2 tbsp light mayonnaise pinch salt

Sandwiches:

2 cups lightly packed baby spinach
3½ cups Grilled Peppers and Onions
(see recipe, page 103)

Spice-Rubbed Flank Steak
(see recipe, page 105), thinly
sliced across the grain

long crusty sandwich rolls or
pretzel buns, split and toasted

Avocado Mayo: In small bowl, mash together avocado, mayonnaise and salt until smooth.

Sandwiches: Layer spinach, Grilled Peppers and Onions and Spice-Rubbed Flank Steak over bottom halves of rolls. Spread heaping 1 tbsp of Avocado Mayo onto cut sides of top halves of rolls; sandwich with bottom halves.

PER SERVING: about 462 cal, 33 g pro, 18 g total fat (5 g sat. fat), 41 g carb (5 g dietary fibre, 6 g sugar), 53 mg chol, 626 mg sodium, 692 mg potassium. % RDI: 9% calcium, 36% iron, 19% vit A, 175% vit C, 49% folate.

MIXED BEAN AND FETA SALAD 22 & Ø

Hands-on time: 10 minutes Total time: 10 minutes Makes: 6 to 8 servings

This hearty salad is made with ingredients you likely already have in your pantry or fridge. Maximize your time on the weekend by making this dish ahead of time—just give it a quick toss before serving to redistribute the dressing.

 cans (each 540 mL) mixed beans, drained and rinsed
 ribs celery, diced

½ cup crumbled feta cheese
¼ cup finely diced red onion
¼ cup chopped fresh parsley
¼ cup red wine vinegar

3 tbsp olive oil ½ tsp pepper

In large bowl, stir together beans, celery, feta, red onion, parsley, vinegar, oil and pepper. (Make-ahead: Refrigerate in airtight container for up to 3 days.)

PER EACH OF 8 SERVINGS: about 171 cal, 7 g pro, 8 g total fat (2 g sat. fat), 18 g carb (5 g dietary fibre, 2 g sugar), 9 mg chol, 431 mg sodium, 436 mg potassium. % RDI: 8% calcium, 9% iron, 3% vit A, 5% vit C, 5% folate.

LEMON AND HERB SPATCHCOCK CHICKEN ☑ ☒ 🙆

Hands-on time: 25 minutes Total time: 1½ hours Makes: 4 to 6 servings

Flattening (a.k.a. spatchcocking) a whole chicken makes it easier to carve and helps it cook quickly and evenly throughout. Once you become comfortable with this method, customize the recipe by switching up the herbs and seasoning.

1 tbsp grated lemon zest1 tbsp chopped fresh parsley

2 tbsp olive oil

2 cloves garlic, finely grated or pressed

1tsp each chopped fresh thyme and fresh tarragon

14 tsp each salt and pepper 1 whole chicken (1.5 kg)

In small bowl, stir together lemon zest, parsley, half of the oil, the garlic, thyme, tarragon, salt and pepper. Set aside.

Using kitchen shears, cut chicken along each side of backbone; discard backbone. Turn chicken, breast side up; press firmly on breastbone to flatten.

Gently loosen skin from breast meat, being careful not to tear skin. Spread lemon zest mixture under skin, covering breast and legs evenly. (Make-ahead: Cover and refrigerate for up to 24 hours.)

Set foil drip pan under 1 rack of 2-burner barbecue or under centre rack of 3-burner barbecue. Heat remaining burner(s) to medium-high heat (about 375°F/190°C). Brush skin side of chicken with remaining oil. Place, skin side up, on greased grill o

over drip pan; close lid and grill, turning once, until juices run clear when chicken is pierced and instant-read thermometer inserted in thickest part of thigh reads 185°F (85°C), about 1 hour.

Remove to cutting board; let rest for 10 minutes before carving.

PER EACH OF 6 SERVINGS: about 371 cal, 38 g pro, 23 g total fat (6 g sat. fat), 1 g carb (trace dietary fibre, trace sugar), 121 mg chol, 209 mg sodium, 319 mg potassium. % RDI: 2% calcium, 14% iron, 7% vit A, 3% vit C, 4% folate.



Barbecue temperatures can vary, so place an oven thermometer in your grill and adjust the heat as

needed to reach the desired temperature.

GRILLED PARMESAN SWEET CORN 22 & Ø

Hands-on time: 25 minutes **Total time:** 25 minutes **Makes:** 6 servings

Parmesan and smoky paprika take fresh cobs from everyday to gourmet.

1tbsp butter, melted1tbsp olive oil

1/2 tsp smoked or sweet paprika

pinch salt

6 corncobs, husked ½ cup grated Parmesan cheese 1 tbsp chopped fresh parsley

In small bowl, stir together butter, oil, paprika and salt. Set aside.

Place corncobs on greased grill over medium-high heat; close lid and grill, turning occasionally, for 8 minutes. Brush corncobs with some of the butter mixture; grill, turning and brushing with remaining butter mixture, until grillmarked and tender, about 12 minutes. Sprinkle with Parmesan and parsley.

PER SERVING: about 127 cal, 5 g pro, 7 g total fat (3 g sat. fat), 13 g carb (1 g dietary fibre, 2 g sugar), 12 mg chol, 150 mg sodium, 142 mg potassium. % RDI: 9% calcium, 4% iron, 5% vit A, 7% vit C, 11% folate.

GARLICKY GRILLED ZUCCHINI AND TOMATOES 22 7 8 4

Hands-on time: 20 minutes Total time: 20 minutes Makes: 6 servings

This summery side cooks in the time your meat takes to rest, so have the veggies ready to grill as soon as the main is done. If you like, substitute parsley, chives or tarragon for the basil.

3 zucchini 2 tbsp olive oil

2 cloves garlic, finely grated

or minced 1/4 tsp pepper pinch salt

2 pkg (each 255 g) grape or cherry tomatoes

2 tbsp torn fresh basil leaves

Slice zucchini diagonally into ½-inch (1 cm) thick rounds. Set aside.

In large bowl, stir together oil, garlic, pepper and salt. Thread tomatoes onto metal or soaked wooden skewers; brush with half of the oil mixture. Toss zucchini with remaining oil mixture.

Place tomato skewers and zucchini on greased grill over medium-high heat; grill, uncovered, turning occasionally, until tomatoes begin to blister and zucchini is tender and grill-marked, about 8 minutes. Remove to plate; sprinkle with basil.

PER SERVING: about 68 cal, 2 g pro, 5 g total fat (1 g sat. fat), 6 g carb (2 g dietary fibre, 5 g sugar), 0 mg chol, 7 mg sodium, 408 mg potassium. % RDI: 2% calcium, 4% iron, 16% vit A, 33% vit C, 14% folate.

CANADIAN LIVING COOKS WITH KRAFT

Your Bite, Your Way!

66 I like to make these crunchy bites with unsweetened, unsalted peanut butter. They're a satisfying treat that fuels a late-day creative burst and tides me over till supportime! **99** - JENNY POTTER, Web Editor, Food

MIDDAY PICK-ME-UP PEANUT BUTTER SNACK BITES

HANDS-ON TIME: 15 minutes TOTAL TIME: 45 minutes MAKES: about 18 bites

1 cup large-flake rolled oats ½ cup **Kraft** Unsweetened

Unsalted Peanut Butter ½ cup toasted almonds, finely

chopped

½ cup dark chocolate chips ¼ cup liquid honey

1 tsp cinnamon

MIX together oats, peanut butter, almonds, chocolate chips, honey and cinnamon in large bowl.

CHILL until firm, about 30 minutes.

ROLL by 2 tbsp into balls.

PER BITE: about 130 cal, 4 g pro, 8 g total fat (2 g sat. fat), 12 g carb (2 g dietary fibre, 6 g sugar), 0 mg chol, 3 mg sodium, 77 mg potassium. % RDI: 2% calcium, 6% iron, 5% folate.

Get more recipes at sticktogether.ca





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No purchase necessary. Contest starts May 27, 2015 and ends July 8, 2015. Contest is open to all legal residents of Canada, 19 years of age or older. There is one (1) grand prize available to be won. Total estimated value is C\$6,400. Prize value depends on winner's location and distance they travel to fulfil prize. Winner and guest must travel on same itinerary and have valid travel documents before they can be declared the winner. Trip must be taken in September/October 2015 or April/May 2016. Odds of winning depend on number of eligible entries received. Visit **canadianliving.com/rocky** for complete contest rules. Prize subject to change.

Fish for Compliments

Be ready for the accolades you'll receive for this flavourful fuss-free dish.

BY THE TEST KITCHEN



FILLETS 22 8 &

Hands-on time: 15 minutes Total time: 45 minutes Makes: 4 servings

Choose thick skin-on fillets, as they'll hold together on the grill. Be gentle when turning the fish; it's best to use two spatulas, placing one under and one over the fillet.

1/₃ cup olive oil grated lemon zest 1tsp 1/4 cup lemon juice 2 tbsp chopped fresh dill 1/4 tsp each salt and pepper

skin-on salmon

fillets (about 500 g)

Whisk together oil, lemon zest, lemon juice, dill, salt and pepper; pour into shallow dish. Add salmon, turning to coat. Cover and refrigerate, turning occasionally, for up to 30 minutes.

Remove salmon from marinade, reserving excess. Place salmon, skin side down, on greased grill over medium-high heat; close lid and grill, turning once and basting frequently with reserved marinade, just

until opaque throughout and fish flakes easily when tested, about 10 minutes per 1 inch (2.5 cm) of thickness.

PER SERVING: about 341 cal, 19 g pro, 29 g total fat (5 g sat. fat), 2 g carb (trace dietary fibre, trace sugar), 54 mg chol, 197 mg sodium, 355 mg potassium. % RDI: 1% calcium, 4% iron, 2% vit A 18% vit C 15% folate



Watch how to make this fish marinade at canadianliving.com/ grilledsalmon.

GET THE FACTS ON YOUR FISH

Love seafood but worry about sustainability? You've got reason to: Some fishing practices can threaten marine life. The good news is that, with a little knowledge about its origins, you can enjoy healthful, delicious fish and shellfish. This handy chart will help you shop sustainably.

| Type of seafood | Look for |
|--------------------|--|
| Salmon | Wild Alaskan or land/ closed-containment farmed |
| Mackerel | Atlantic mackerel from Canada, or king or Spanish mackerel from the U.S. |
| Arctic char | Farmed |
| Tilapia | Farmed from the U.S. or Ecuador |
| Crab | Snow crab from Alaska or the Gulf of St. Lawrence |
| Tuna | Pole-/troll-caught ahi, or albacore from Canada or the Pacific U.S. |
| Shrimp | Trapped from Atlantic Canada, farmed from the U.S. or spot prawns from B.C. |
| Sardines | Pacific from Canada or the U.S. |

Source: SeaChoice

"Today, there is an incredible movement of people who want to reconnect with where their food comes from." - SEVERN CULLIS-SUZUKI



OTOGRAPHY. JEFF COULSON (TOP LEFT); FRED BIRD (INSET); JESSICA VENTURI (CULLIS-SUZUKI AND DAVID SUZUKI). FOOD STYLING, HEATHERSHAW, PROP STYLING, LAURA BRANSON

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| DEEL GROWN | |
|--|-----|
| Bacon and Spinach Salad 🔀 💆 🔕 | 107 |
| Grilled Sausages 😰 🗑 🔕 | 103 |
| Spice-Rubbed Flank Steak 😭 😨 🔕 | 105 |
| Steak Sandwiches With Avocado Mayo 👨 🔕 | 107 |
| The Ultimate Burger 👨 🔕 | 82 |
| The Ultimate Pub-Style Burger 🛭 🤷 | 82 |
| | |

BURGERS & SANDWICHES

| Breakfast Burritos 2 | 88 |
|--|-----|
| Cheesy Portobello and Egg "Burgers" ै 💋 | 86 |
| Peanut Butter and Banana French Toast Sandwiches | 86 |
| Steak Sandwiches With | |
| Avocado Mayo 🛮 🔕 | 107 |
| The Ultimate Burger 🗟 🚨 | 82 |
| The Ultimate Pub-Style Burger 🔽 🔕 | 82 |

DESSERTS

| Bannock Biscuits 5 0 | 96 |
|--|----|
| Butter Tart Ice Cream 60 | 94 |
| Cherry-Berry Bannock Shortcakes With Maple Toffee Sauce 0 | 96 |
| Family-Size Cherry-Berry Bannock Shortcake | 96 |
| Frozen Nanaimo Pie 💋 | 98 |
| Maple-Glazed Doughnut Bundt Cake | 92 |

DIPS, DRESSINGS & SAUCES

| Avocado Mayo 😰 🗷 🔕 💋 | 107 |
|-----------------------------------|-----|
| Creamy Dressing 🔽 🗷 🚨 💋 | 103 |
| Green Onion Sour Cream 🔽 🕯 💋 | 105 |
| Honey-Mustard Vinaigrette 🔽 🗑 🔕 Ø | 107 |
| Maple Glaze 😭 🗟 💋 | 92 |
| Maple Toffee Sauce 🙎 🛭 💋 | 96 |
| Secret Sauce 🔽 🗑 🔕 💋 | 114 |
| | |

| FISH | | |
|------------------------|-------|-----|
| Grilled Salmon Fillets | 1 T A | 110 |

POULTRY

| Lemon and Herb Spatchcock | |
|---------------------------|----|
| Chicken 🔯 💆 🔕 | 10 |

SALADS & VEGETABLES

| ONLINE CA TEST INDEED | |
|--|-----|
| Bacon and Spinach Salad 📴 🖥 🔕 | 107 |
| Creamy Tortellini Salad ै 🥖 | 103 |
| Garlicky Grilled Zucchini and Tomatoes 🔽 🚾 🔕 💋 | 108 |
| Grilled Baked Potatoes With Green Onion Sour Cream 20 | 105 |
| Grilled Mushroom Skewers <table-cell-rows> 🚨 💋</table-cell-rows> | 105 |
| Grilled Parmesan Sweet Corn 🔽 🔕 💋 | 108 |
| Grilled Peppers and Onions 😰 😇 🤷 🥖 | 103 |
| Mixed Bean and Feta Salad 🔽 🚨 💋 | 107 |

Certain packaged ingredients may contain allergens. Please read food labels carefully for hidden sources of gluten, dairy and nuts.

= Gluten-Free 📴 = Dairy-Free a = Nut-Free = Vegetarian

TO FIND OUT MORE ABOUT OUR RECIPES' NUTRITIONAL INFORMATION, GO TO canadianliving.com/ nutritioninfo.



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BY IRENE FONG & THE TEST KITCHEN

SECRET SAUCE 😰 🗑 🕲 🧭





In bowl, stir together 3/3 cup finely chopped pickles; 1/2 cup mayonnaise; 2 green onions, thinly sliced; 1 clove garlic, finely grated or pressed; and 1½ tsp liquid honey until well combined. (Make-ahead: Refrigerate in airtight container

for up to 5 days.) Makes about 1 cup.

PER TBSP: about 53 cal, trace pro, 5 g total fat (1 g sat. fat), 1 g carb (trace dietary fibre, 1 g sugar), 3 mg chol, 92 mg sodium, 13 mg potassium. % RDI: 1% iron, 1% vit A, 1% folate.



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